



REVOLUTIONS
HEALTH & FITNESS CENTRE

JOIN THE REVOLUTION

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45AM	SPIN <i>IREEN</i>	BATTLEFIELD <i>JOSH</i>		STRENGTH R50 <i>JOSH</i>	SPIN <i>IREEN</i>		
7:00AM							
7:30AM							ADULTS TECH BOX 45 MIN <i>MEL JOY</i>
8:00AM						PUMP FIT <i>MELISSA</i>	
8:30AM			HEALTHY MOVES <i>MICHAEL.S</i>		HEALTHY MOVES <i>MICHAEL.S</i>		
9:00AM						HOT YOGA <i>BEC</i>	YOGALATES <i>TINA</i>
9:30AM	BURN <i>AMANDA</i>	BOOTCAMP <i>AMANDA</i>	CIRCUIT <i>DAIN</i>	BOX FIT <i>AMANDA</i>	CIRCUIT <i>DAIN</i>		
10:00AM							
5:30PM	PUMP FIT <i>MELISSA</i>	KIDS BOXING (Age 5-12) 45 MIN <i>MELISSA</i>	CIRCUIT <i>KYLIE</i>	KIDS BOXING (Age 5-12) 45 MIN <i>MELISSA</i>			
6:00PM					HOT YOGA <i>BEC</i>		
6:30PM	ADULTS TECH BOX <i>MEL JOY</i>	PILATES <i>TINA</i>	SWEAT <i>KYLIE</i>	PUMP FIT <i>MELISSA</i>			
7:30PM	HIIT PILATES <i>MEL JOY</i>	HOT YOGA VINYASA <i>VIVIENNE</i>					

CLASS DESCRIPTIONS

<p>R-HYBRID</p> <p>A conditioning class with high-energy, combining strength training, endurance work and athletic conditioning. Experience race-ready fitness, improving stamina and speed.</p>	<p>BATTLEFIELD</p> <p>Team training taken to a new level! This Battlefield inspired workout uses the best of strength training and fundamentals of functional training.</p>	<p>R50</p> <p>R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength.</p>	<p>HEALTHY MOVES</p> <p>A fun class for our members that incorporates functional movements and balance exercises that can assist with everyday movements</p>
<p>SWEAT</p> <p>Incorporating five components of fitness. Strength, cardio, coordination, balance, and flexibility. A class that is designed to make you sweat and improve your overall functional fitness, will challenge you mentally and physically. It is a full body high intensity work out.</p>	<p>CIRCUIT</p> <p>An intense and effective session for those looking to burn calories all hour long. This class switches between several exercises that target different muscle groups with minimal rest in between.</p>	<p>BOX HIIT</p> <p>A high intensity class that combines boxing drills and cardio to give you a great workout. This class will get you working but is suitable for all fitness levels. <i>Gloves required.</i></p>	<p>STEP/PUMP</p> <p>Join us for an exhilarating half step - half pump class that combines high energy step aerobics & muscle strengthening exercises. Boost your cardiovascular fitness by getting your heart pumping while building muscle strength and toning.</p>
<p>SPIN</p> <p>This explosive freestyle spin class will destroy those calories, tone your body, and enhance your endurance. Race your way to fitness with this hardcore session of indoor cycling.</p>	<p>BOX FIT</p> <p>A high intensity, non-contact full body workout that combines boxing training techniques with cardio and strength building exercises. This class is suitable for all levels of fitness.</p>	<p>BURN</p> <p>A fun and energetic class that focuses on muscular endurance using a variety of light weights and resistance bands. Pushing your muscles to feel the burn.</p>	<p>PUMP FIT</p> <p>This high energy class will test you through a combination of explosive body weight movements with cardio inspired movements. A class that will transform your body and fitness levels.</p>
<p>ADULTS TECH BOX</p> <p>Delivering effective training techniques that will help you master basic boxing skills and keep your fitness levels up. Consists of skipping, stretching, striking and defence. Powering through circuit training and partnered work.</p>	<p>KIDS TECH BOX</p> <p>Get your child's heart racing and their body moving with kids' boxing for children aged between 5-12 years. Give your child the chance to enjoy an exciting total body workout. Our goal is to keep students moving & motivated in a fun & safe space! <i>Gloves required.</i></p>	<p>BOOTCAMP</p> <p>A fun and high energy class combining both cardio and strength. Keeping you focused on building fitness through fun competition and motivation. It's about sweat, good vibes and making fitness feel less like work and more like play.</p>	<p>FUNCTIONAL FIT</p> <p>This class combines strength training with high-energy cardio intervals for the ultimate full-body workout. You'll lift to build muscle and hit heart-pumping intervals to boost endurance and torch calories. Perfect for anyone who wants to get stronger, leaner & faster – all in one session.</p>
<p>PILATES</p> <p>Pilates focuses on exercises radiating from the core. A tailored rehab program, correcting muscle imbalance, strengthening the lower back, improving posture, balance, core strength and flexibility. This allows the muscles to be stable and decreases the chance of injury.</p>	<p>RESTORATIVE YOGA</p> <p>A slow and gentle healing practice that uses props to support the body in long-held stretches, focusing on deep relaxation, stress reduction and regulating the nervous system. Ideal for unwinding, embracing rest and healing and alleviate injury or illness.</p>	<p>HIIT PILATES</p> <p>HIIT Mat Pilates combines high-intensity intervals with core-strengthening Pilates moves for a full-body workout. Boost your endurance, tone muscles, and improve flexibility in this energizing class.</p>	<p>YIN YOGA</p> <p>Slow-paced yoga, holding posing for longer periods of time to target the deep connective tissues between the muscles and the fascia throughout the body. It aims to increase circulation in the joints, improve flexibility and help regulate the body's flow of energy.</p>
<p>YOGALATES</p> <p>The combination of stretch in yoga & core strengthening in Pilates - You get the best of both worlds. Through a series of movements you will develop increased strength, flexibility & stability.</p>	<p>VINYASA YOGA</p> <p>A deep stretch combined with an energetic flow to release and free up any tensions in the mind and body. Strengthening the muscular system moving with the breath and discipline the mental state of mind.</p>	<p>ZUMBA</p> <p>A high-energy dance workout that feels more like a party than a gym session! Get your heart pumping, your body moving, and your mood soaring. No dance experience needed. Perfect for all fitness levels.</p>	<p>TABATA</p> <p>A form of high-intensity training where very short periods of extremely demanding activity are alternated with shorter periods of rest. This class is designed to BURN calories and to help you SHRED.</p>