



REVOLUTIONS
HEALTH & FITNESS CENTRE

JOIN THE REVOLUTION

EMU PLAINS

GROUP FITNESS TIMETABLE

Class colour guide

Strength & toning	Cardio & conditioning	Boxing & kickboxing	Mobility & wellbeing
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TIME	MON	TUES	WED	THURS	FRI	SAT
6:00 am	TABATA Vanessa	R50 Vanessa	BATTLEFIELD Vanessa	XXX STRENGTH Vanessa		
7:00 am						
8:00 am						ENDUROFIT Tegan
8:30 am	HEALTHY MOVES Narissa	HEALTHY MOVES Narissa		HEALTHY MOVES Narissa	HEALTHY MOVES Narissa	
9:00 am						
9:30 am	R50 Narissa	PUMPED Linda	A.B.T Narissa	POWER PILATES Narissa	TABATA Narissa	
10:30 am	CORE 30 min Narissa		STRETCH & RELAX Narissa		STRETCH & RELAX Narissa	
4:00 pm						
5:00 pm	TABATA 30 min Tegan		HIIT Narissa			
5:30 pm	BOOTY BLAST Tegan	ENDUROFIT Tegan	FITT R. Narissa	TABATA PUMP Narissa		
6:30 pm	BOXFIT Tegan	VINYASA YOGA Kim	POWER PILATES Narissa	YIN FLOW Kim		
7:30 pm						

Class Descriptions

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Strength & toning	Cardio & conditioning	Boxing & kickboxing	Mobility & wellbeing
ABS BUTT & THIGHS A.B.T is a 30-minute express workout targeting your abs, glutes and thighs through cardio, weights and functional movements.	BATTLEFIELD Team up and take on the challenge. Combine strength training with functional movements in an energetic team workout.	BOOTY BLAST A women’s only weights class focused on mobility, strength and lifting technique to develop your glutes.	
BOXFIT Punch up your workout. Boxing-inspired movements challenge your endurance while building agility, strength and stamina.	CORE Feel the focus in this 30-minute core workout. Build strength, stability and control through exercises targeting your abdominal and core muscles.	ENDUROFIT Ready for the next station? Challenge your endurance and speed with cardio and functional strength exercises.	
FITT R Train natural movement patterns with dynamic exercises, functional lifts, sleds, tyres and battle ropes.	HEALTHY MOVES Keep moving with confidence. Enjoy functional movements and balance exercises that support everyday activity.	HIIT High-intensity interval training alternating energetic bursts of exercise with low- to moderate-intensity recovery.	
POWER PILATES A high-energy blend of Pilates, cardio and strength training focused on core stability, endurance, posture, balance and control.	PUMPED Grab a barbell and get PUMPED. This freestyle weights class challenges your fitness while building strength and lean muscle.	R50 Functional training using specific work and rest intervals, with exercises covering strength and flexibility.	
STRETCH & RELAX Take a breath and unwind. Enjoy gentle stretching and relaxation with a focus on flexibility and easing muscle tension.	TABATA Short bursts. Big effort. Work for 20 seconds, rest for 10, then go again in this high-intensity interval workout.	TABATA PUMP Grab a barbell and follow the beat of the timer: 20 seconds of work, 10 seconds of rest. An energetic strength and muscular endurance workout.	
VINYASA YOGA Move with your breath through a flowing sequence of yoga poses. Build strength, balance and flexibility while bringing focus to body and mind.	XXX STRENGTH A challenging full-body workout combining explosive movements with strength exercises.	YIN FLOW Slow down with gentle movement and longer-held yoga poses. Explore mindful breathing and deep stretches in a calm, unhurried practice.	