

EMU PLAINS

GROUP FITNESS TIMETABLE

Class colour guide

Strength & toning	Cardio & conditioning	Boxing & kickboxing	Mobility & wellbeing

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						**PILATES** Teneka
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

REVOLUTIONS HEALTH & FITNESS CENTRE | EMU PLAINS

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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.

PILATES

Build core strength, improve posture and explore controlled movement in this mat-based Pilates class. Develop flexibility, balance and body awareness at your own pace.