



Call: 03 5821 3577

228 Numurkah Rd, Shepparton

www.advancefitness.com.au

AdvanceFitnessNorthside

Group Fitness 500 Challenge Timetable

18 NOVEMBER – 8 DECEMBER 2024

Points will be allocated to each Group Fitness class during the 3 week challenge. Earn over 500 points in the challenge and score *Advance Fitness Merchandise* and go in the Draw to WIN 3, 2 and 1 Months Membership!



NORTHSIDE GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			LES MILLS BODYPUMP 30		LES MILLS BODYPUMP 30	HIIT 30		
8:30 AM							HIIT 30	
9:15 AM		LES MILLS BODYCOMBAT 45 MIN CLASS 30	LES MILLS BODYPUMP 40	LES MILLS BODYCOMBAT 30	LES MILLS BODYPUMP 40			LES MILLS BODYPUMP 30
10:15 AM		LES MILLS BODYPUMP 20	THT 50			THT 50		
5:30 PM			HIIT 50		LES MILLS BODYPUMP 45 MIN CLASS 30			
6:00 PM			QUICKFIT 30		QUICKFIT 30			
6:30 PM				HIIT 50				

Child Friendly Classes: Our normal classes where parents are welcome to bring their children, there is an area in the Group Fitness room set up for them and the music will be a bit quieter.

MIND AND BODY TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM							YOGA 30	
5:30 PM		YOGA 20		YOGA 20				
6:30 PM			PILATES 30		PILATES 40			










CYCLE STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		LES MILLS RPM 50		LES MILLS RPM 50				
9:15 AM						LES MILLS RPM 40		

AQUA STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:05 AM		WaterAERO 20		WaterAERO 20		WaterAERO 20		
7:00 PM		WaterAERO 20	WaterAERO 20	WaterAERO 20	WaterAERO 30			

NORTHSIDE GROUP FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 LES MILLS BODYCOMBAT	60 mins	BODYCOMBAT® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch, kick and kata your way through calories to release your inner warrior.
 LES MILLS BODYPUMP	60 mins	BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!
 LES MILLS RPM	45 mins	RPM™ is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.
 QUICKFIT	45 mins	A time efficient, fun, motivating full body workout. You'll work every muscle group in 45 minutes, in a circuit that combines strength, cardio and flexibility - set to an inspiring sound track. Simple moves for solid results!
 THT	45 mins	A class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.
 YOGA	60 mins	Our Yoga classes are great for a midweek stretch or end of week wind-down! Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.
 PILATES	60 mins	Pilates is a 60 minute class which focuses on the body's core. This class will help to improve abdominal and back strength as well as stamina. It promotes the relaxation of the muscles to help improve and maintain flexibility and posture. It is suitable for all levels.
 HIIT	45 mins	This circuit based HIIT class caters to all fitness levels, utilising a combination of cardio & strength moves to reach maximum fat burning capacity.
 WaterAERO	45 mins	Water Aero is a fantastic low impact cardiovascular workout in the water for all ages. No matter your age or ability, our qualified instructors will guide you through a workout that will leave you feeling great!

**5 DAY
FREE
PASS**

Not currently training with us? Click below to reserve your **5 DAY FREE PASS**, allowing you to experience training with us at Advance Fitness first hand. This is a great opportunity to see if you will love training at our gym as much as we think you will!

GROUP FITNESS CLASSES OFFER A HIGH ENERGY, MOTIVATING WAY TO GET INTO THE BEST SHAPE OF YOUR LIFE.

CLICK NOW TO CLAIM YOUR 5 DAY FREE PASS!

