













**GROUP FITNESS TIMETABLE**







| TIME     | DAY | MONDAY  | TUESDAY                   | WEDNESDAY   | THURSDAY                  | FRIDAY   | SATURDAY  | SUNDAY                    |
|----------|-----|---|---------------------------|---|---------------------------|--|---|---------------------------|
| 6:00 AM  |     |   | <b>HIT</b>                | <b>THT</b>  | <b>HIT</b>                |  |   |                           |
| 7:45 AM  |     |  |                           | <b>ActiveFit</b>  |                           |  |   |                           |
| 9:15 AM  |     |   |                           |   |                           |  |   | <b>LES MILLS BODYPUMP</b> |
| 10:30 AM |     |   |                           |   |                           |  |  |                           |
| 5:30 PM  |     | <b>HIT</b>  |                           |   | <b>THT</b>                |  |   |                           |
| 6:00 PM  |     |   | <b>LES MILLS BODYPUMP</b> | <b>HIT</b>  |                           |  |   |                           |
| 6:30 PM  |     |   |                           |  | <b>LES MILLS BODYPUMP</b> |  |   |                           |
| 7:00 PM  |     | <b>LES MILLS BODYPUMP</b>   |                           |   |                           |  |   |                           |

**MIND AND BODY TIMETABLE**





| TIME    | DAY | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY |
|---------|-----|---|---|---|---|--|---|--------|
| 7:45 AM |     |   |  |   |  |  |   |        |
| 9:15 AM |     |  |   |   |   |  |  |        |
| 7:30 PM |     |   |   |  |  |  |   |        |

 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.



**SPIN STUDIO TIMETABLE**

| TIME    | DAY | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY | FRIDAY  | SATURDAY  | SUNDAY |
|---------|-----|---|---|---|----------|---|---|--------|
| 6:00 AM |     |  |   |   |          |  |   |        |
| 9:00 AM |     |   |   |   |          |   |  |        |
| 6:30 PM |     |  |  |  |          |   |   |        |

**AQUATICS TIMETABLE**

| TIME     | DAY | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY | SATURDAY | SUNDAY |
|----------|-----|---|---|---|---|--------|----------|--------|
| 11:00 AM |     |  |  |   |  |        |          |        |
| 7:00 PM  |     |  |  |  |   |        |          |        |

## GROUP FITNESS CLASSES

| CLASS   | LENGTH  | DESCRIPTION  |
|---|---------|--|
|  <b>LES MILLS BODYPUMP</b> | 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!  |
|  <b>ZUMBA fitness</b>      | 60 mins | The Zumba® program fuses hypnotic Latin dance rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. JOIN THE PARTY!!!  |
|  <b>SPIN</b>               | 45 mins | Our inspirational instructors and the pumping sound track will motivate and take you to your limits. We'll take you through climbs, sprints, and high intensity intervals to give you the best cardio workout possible while strengthening and toning your muscles. Ride the calorie burner for fitness and fun. |
|  <b>YOGA</b>              | 45 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.   |
|  <b>PILATES</b>          | 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.                                    |
|  <b>WaterAERO</b>        | 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!  |
|  <b>FIGHTING FIT</b>     | 45 mins | Fighting Fit is a boxing pad-work session. Boosting cardio fitness & strength in a fun innovative class. Basic boxing moves suitable for beginners up... You work at your own level but with coaches motivating you all the way.   |
| <b>HIIT</b>   | 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.  |
|  <b>THT</b>              | 45 mins | A class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.   |

**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!**

