







































## GROUP FITNESS TIMETABLE

| TIME     | DAY | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY |
|----------|-----|--|--|--|--|---|--|--------|
| 6:00 AM  |     |  |   |   |   |   |  |        |
| 8:00 AM  |     |  |  |  |  |   |   |        |
| 9:00 AM  |     |  |  |  |  |   |   |        |
| 9:30 AM  |     |  |  |  |  |   |  |        |
| 10:15 AM |     |  |  |  |  |   | <br> |        |
| 11:45 AM |     |   |  |  |  |   |  |        |
| 4:40 PM  |     | <br> | <br> | <br> | <br> | <br> |  |        |
| 5:05 PM  |     |  |  | <br> |  |   |  |        |
| 5:40 PM  |     |   |   |   |   |   |  |        |
| 6:40 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.

### GROUP FITNESS TIMETABLE

| CLASS   | LENGTH  | DESCRIPTION  |
|---|---------|--|
|  <b>BODYCOMBAT</b>       | 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. |
|  <b>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>BODYATTACK</b>       | 60 mins | BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor.   |
|  <b>BODYSTEP</b>       | 60 mins | BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it...  |
|  <b>YOUNG AT HEART</b> | 60 mins | This class is designed for the over 50's with light resistance training helping to increase energy levels, joint flexibility, bone density, balance and co-ordination. 1 hour.   |
|  <b>YOGA</b>           | 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.   |
|  <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>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>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.  |

**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!** 