



five dock **leisure** centre

# GROUP FITNESS

## TIMETABLE & INFORMATION

### OPENING HOURS

Mon to Fri 5.30am - 10.00pm  
Sat & Sun 8.00am - 7.00pm  
Public Holiday 8.00am - 7.00pm

### CRECHE TIMES

Mon to Fri 8.50am - 12.15pm  
Saturday 8.30am - Noon

30th March - 30th June 2012

[www.fdlc.com.au](http://www.fdlc.com.au)

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# GROUP FITNESS TIMETABLE

30th March 2012 - 30th June 2012



STUDIO 1	MON	TUES	WED	THUR	FRI	SAT	SUN
6.00am	Xtreme Boxing	Body Pump	Yoga Xtreme Boxing (Stadium)	Body Pump	Cardio Blast		
8.30am		<b>9.00am</b> AB'S Xpress				Cardio Blast	Xtreme Boxing
9.30am	Cardio Blast	Tone Zone	Body Combat	Cardio ABT	Body Pump Xtreme Boxing (Stadium)	Step Altitude	Body Pump
10.30am	Body Pump	X55	Body Pump	Pilates	Tri Fit	Ki Max	Body Balance
11.30am	Heartmoves Aerobics	Heartmoves Aerobics	Heartmoves Aerobics	Heartmoves Aerobics		Karate*	
4.00pm						Yoga	
4.30pm		Teens Gym Term course		Teens Gym Term course			
5.00pm			<b>5.30pm</b> AB'S Xpress				Tone Zone
6.00pm	Xtreme Boxing	Body Pump	Tone Zone	Ki Max	X55		
7.00pm	X55	Tri Fit	Xtreme Boxing	Karate*			
STUDIO 2	MON	TUES	WED	THUR	FRI	SAT	SUN
6.00AM	Yoga	Xtreme Cycle		Xtreme Cycle			
9.30AM	Xtreme Cycle	Xtreme Cycle (1Hr)	Xtreme Cycle	Power Circuit	Xtreme Cycle	Xtreme Cycle	Xtreme Cycle
11.30AM		Heartmoves Resistance			Heartmoves Resistance		
4.00PM						Xtreme Cycle	
6.15PM	Xtreme Cycle	Xtreme Cycle	Xtreme Cycle	Xtreme Cycle			

## Body Combat

Combines moves and stances from a range of self-defense disciplines like Karate, Boxing and Taekwondo into an energetic routine. Great music & choreography creates a fierce, energetic experience which will raise your fitness level.

**Fitness Level - 000**  
**Complexity - 00**

## Bodypump

The most successful group fitness program in history. BODYPUMP is a 55 minute class using barbell adjustable weights to tone and condition muscles while raising metabolic rate for fat burning. Each section of the class focuses on a different body parts, helping to condition your whole body.

**Fitness Level - 0**  
**Complexity - 0**

## Power Circuit

An easy to follow class, designed to work both your cardio fitness and muscular endurance. By using a series of pin loaded weights and cardiovascular stations, this class aims to improve fitness as well as increase muscle strength and tone.

**Fitness Level - 0-000**  
**Complexity - 0**

## Ki - Max

If you want to experience the energy and adrenaline of punching and kicking, then Ki MAX is what you've been looking for! Each class is structured into 'rounds' of Boxing, Muay Thai and Kickboxing using simple, intense and dynamic movements. Each round has carefully structured movements which consider both muscular co-ordination and the energy systems.

**Fitness Level - 0-000**  
**Complexity - 00**

## Pilates

Is a system of body conditioning designed to strengthen and lengthen the body's muscles with an emphasis on reducing incidence of back pain and injury. The exercises are gentle on joints yet challenging on muscles. Suitable for anyone who wants to improve muscle strength and tone, flexibility, co-ordination, balance and improve posture.

**Fitness Level - 0-00**  
**Complexity - 0**

## X55

Get ready for an EXTREME workout! 55 minutes of leg shaping, toning, calorie busting and torso trimming fun! Utilizing a step, hand weights or no weights at all X55 promises to work your body in ways never thought possible. X55 is the perfect way to tone your butt and thighs.

**Fitness Level - 0-000**  
**Complexity - 0**

## Xtreme Boxing

Want to get rid of some pent up frustration? Then this is the class for you! Using Boxing gloves and pads, the aim is to stimulate a boxing environment while learning safe technique. Jab, cross and upper cut your way to a whole new fitness level.

**Fitness Level - 0-000**  
**Complexity - 0**

## Xtreme Cycle (45 or 60 minutes)

If you want to burn calories, this is the class for you! Following the warm up, the intensity of this class will only increase. Climb mountains, sprint flats and feel the legs burn as the muscles fatigue.

**Fitness Level - 0-000**  
**Complexity - 0**

## Step Altitude

Step altitude is a highly choreographed program that uses complex leg patterns on a height adjustable step. Step altitude challenges the body both mentality and physically by its complexity and large body movements.

**Fitness Level - 00**  
**Complexity - 000**

## Cardio Blast

Is a cardiovascular interval training program that combines high intensity aerobic moves, strength and stabilization exercises. Participants are required to run, box and use barbells to achieve their goals.

**Fitness Level - 0- 000**  
**Complexity - 0**

## Tone Zone

Time to hit those problem areas. This class hits your buttocks, thighs, abdominals and arms. After a short aerobic warm up a number of specific muscle conditioning exercises are completed to tone and firm these areas. The perfect introductory class to get your body back in shape.

**Fitness Level - 0**  
**Complexity - 0**

## Tri - Fit

Tri - Fit is broken into three sections: aerobics, step and muscle conditioning. A perfect all round workout keeping the freestyle aerobic and step feel. A great class for beginners through to those who want a consistent work out.

**Fitness Level - 0**  
**Complexity - 00**

## Zen Ki Yoga / Yin Yoga

Zen Ki Yoga is not only a fabulous exercise system, it also addresses the emotional, psychological and spiritual levels, making it a powerful tool. Yin Yoga uses relaxed, passive floor postures that are held for three to five minutes at a time in order to stretch and stimulate the deep connective tissues of the body.

**Fitness Level - 0**  
**Complexity - 0**

## Heart Moves

The Heart Moves class has been designed with over 50's in mind with mild standing aerobics combined with some light weights work and Pilates giving you the chance to start, improve or compliment your regular exercise routine. These classes provide a different form of exercise incorporating Cardiovascular, Pilates and balance work.

**Fitness Level - 0**  
**Complexity - 0**

## Teen Gym

The Teens (10-16yrs) will be taken through a variety of activities and exercises using both the group fitness studio and the cardiovascular equipment. Teens Gym will improve motor skills, help gain muscular strength, cardiovascular condition and most importantly learn good gym habits that they will keep for life.

**Fitness Level - 0**  
**Complexity - 0**

## Body Balance

A dynamic program that leaves you feeling relaxed and renewed. BODYBALANCE combines the best eastern disciplines like yoga, tai-chi and pilates which creates a class that connects the mind with the body.

**Fitness Level - 0**  
**Complexity - 0**

## AB'S Xpress

A class suitable for women and men of all fitness levels. The focus will be on strengthening your core muscles. This quick but intense workout will strengthen your abdominal and lower back. A great class to add to any workout to help you achieve the six pack you are after.

**Fitness Level - 0**  
**Complexity - 0**

## Cardio ABT

A combination of Cardio to help burn fat and keep the heart rate up as well as resistance work for lean toned muscles concentrating on your AB's, butts and thighs. This class uses different exercises each week to give you variety and maximum results.

## \*\*Bootcamp

The ultimate 4 week program. Your commitment will be 3 days a week for 1 intense hour over the 4 week period. Each session uses a combination of indoor and outdoor activities utilizing our indoor stadium, gymnastics hall, group fitness rooms as well as local parks and outdoor areas. You will be pushed to new limits as you work together with your team to overcome all challenges. Make new friends as you burn Calories and increase your strength and fitness. Let our trainers motivate you and help you get the results you want. Enlist Now!!

# MEMBER **FREE** CUSTOMISED PROGRAM

We'll design a customised exercise program just for you! Updated every 4/6 weeks

## PERSONAL TRAINING

Have a timeline or Specific goals?

Get the best result NOW!

Starter pack \$99.00 for 3x45min sessions.

## BOOT CAMP

Mon - Wed - Fri 6.00am

## KIDS CLUB

SCHOOL HOLIDAYS

Half & Full days

## TEEN GYM

AGES 10 - 16 YEARS

Tuesday & Thursday 4.30pm - 5.30pm

## SENIOR HEARTMOVES

Monday to Friday 11.30am - 12.30pm

