

# CHRISTMAS/NY GROUP FITNESS TIMETABLE

Mon 23 Dec

6am to 8pm

6.10am **Spin Fit**  
 9.15am **Pilates**  
 4.30pm **L1FT**  
 6.00pm **Spin Fit**

Tue 24 Dec

6am to 2pm

6.10am **FRIENDS 45**  
 9.15am **L1FT**  
 10.30am **M1ND+**

Fri 27 Dec

6am to 8pm

6.10am **FRIENDS 45**  
 9.15am **Spin Fit**  
 10.30am **Pilates**

Sat 28 Dec

8am to 6pm

8.10am **Aqua**  
 8.10am **Spin Fit**

Sun 29 Dec

9am to 6pm

9.15am **L1FT**  
 3.30pm **Gentle Yoga**



Mon 30 Dec

6am to 8pm

6.10am **Spin Fit**  
 9.15am **Pilates**  
 4.30pm **LES MILLS BODY PUMP**  
 6.00pm **FRIENDS 45**

Tue 31 Dec

6am to 2pm

6.10am **FRIENDS 45**  
 9.15am **L1FT**  
 10.30am **M1ND+**

Thurs 2 Jan

6am to 8pm

6.10am **Spin Fit**  
 9.15am **L1FT**  
 10.30am **M1ND+**  
 6.00pm **Spin Fit**  
 6.30pm **Aqua**

Fri 3 Jan

6am to 8pm

6.10am **FRIENDS 45**  
 9.15am **Spin Fit**  
 10.30am **Pilates**

Sat 4 Jan

8am to 6pm

8.10am **Aqua**  
 9.10am **Spin Fit**

Sun 5 Jan

9am to 6pm

9.15am **L1FT**  
 3.30pm **Gentle Yoga**



Merry Christmas &  
 A Happy New Year from



**FRIENDS**  
 HEALTH & FITNESS



Timetable for  
 Mon 23 Dec - Sun 5 Jan



# CLASS DESCRIPTIONS

## **LES MILLS BODYPUMP**

Les Mills Bodypump™ is a pre-choreographed weights class that burns calories while toning your entire body. Using light to moderate weights using the barbell with lots of repetition. If you enjoy strength and resistance training, then this is the perfect class for you.

45 minutes

## **M1ND+**

Build the connection between mind and movement. With a focus on mobility, stability and flexibility this 45 minute, zero impact class will leave you feeling strong and restored.

45 minutes

## **Spin Fit**

Spin Fit is a fast-paced cycling class aimed for you to feel the burn. This cycling class is a non-impact cardio workout that will see you riding, sprinting, climbing and smiling all the way. Burn calories, build strength, and have fun along the way as we ride as a team to enjoy the ultimate workout on 2 wheels.

45 minutes

## **L1FT**

Focus on strength development bringing the weight gym to group fitness. This dynamic strength workout will keep your muscles challenged and your mind guessing. You choose the load, you choose the intensity, which makes L1FT suitable for everyone, from beginner to athlete.

45 minutes

## **FRIENDS 45**

Innovative circuit style training to build functional strength. This fun and dynamic workout incorporates a wide variety of equipment, including Kb's, boxing, Battle ropes, TRX, weights etc. With no time to think, and 45 zesty minutes to get the heart pumping. This energetic and powerful workout will move your body, challenge your mind and leave you wanting more.

45 minutes

## **Aqua**

This fun non-impact workout supports the body while reducing stress on the joints. The impact of gravity decreases in the water allowing a greater range of motion and reducing strain on the heart by moving blood around the entire body. Splash, float and bounce your way to wellness with this fun water-based workout.

45 minutes

## **Pilates**

A core-centric class to improve posture, coordination and balance. Pilates incorporates slow controlled movement to strengthen and condition the core while focusing on alignment. Walk away feeling more stable with a greater body awareness.

45 minutes

## **Gentle Yoga**

Gentle yoga is essentially what it sounds like a gentler style of yoga practice. This 75-minute class allows for nourishing movement at a slower pace. Drop in and enjoy extended time for slow movement, meditation, yogic breath work, and relaxation.

75 minutes