

# CHRISTMAS/NY GROUP FITNESS TIMETABLE

Mon 22 Dec

6am to 8pm

**6.10am Spin Fit**  
**9.15am Pilates**  
**5.15pm Yoga**  
**6.15pm FRIENDS 45**

Tue 23 Dec

6am to 8pm

**6.10am FRIENDS 45**  
**9.15am L1FT**  
**5.15pm M1ND**  
**6.00pm FRIENDS 45**

Wed 24 Dec

6am to 2pm

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

Sat 27 Dec

8am to 6pm

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

Sun 28 Dec

9am to 6pm

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

Mon 29 Dec

6am to 8pm

**6.10am Spin Fit**  
**9.15am M1ND+**  
**5.15pm Yoga**  
**6.15pm FRIENDS 45**

Tue 30 Dec

6am to 8pm

**6.10am FRIENDS 45**  
**9.15am Spin Fit**  
**5.15pm M1ND+**  
**6.00pm FRIENDS 45**

Wed 31 Dec

6am to 2pm

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

Fri 2 Jan

6am to 8pm

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

Sat 3 Jan

8am to 6pm

**8.10am Aqua**  
**8.10am Spin Fit**  
**9.15am L1FT**

Sun 4 Jan

9am to 6pm

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



Merry Christmas &  
A Happy New Year from



**FRIENDS**  
HEALTH & FITNESS



Timetable for  
Mon 22 Dec - Sun 4 Jan



# CLASS DESCRIPTIONS

## 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

## M1ND

Build the connection between mind and movement. With a focus on mobility, stability and flexibility - this 30 or 45 minute, zero impact class will leave you feeling strong and restored.

30 or 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

## 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

## Yoga

Soften into a practice of wholeness - strengthen the body and restore balance. Release tension and reconnect to your whole self by building confidence in your body's natural ability to be strong, safe, and nurturing as we gently transition from doing to being.

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