

GROUP FITNESS TIMETABLE: August 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
	STUDIO						
5.45am		LES MILLS GRIT STRENGTH <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>		LES MILLS GRIT STRENGTH <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>		8.15am LES MILLS BODYATTACK™	
9.15am	Arena BOXING4FITNESS	LES MILLS BODYPUMP™	Arena BOXING4FITNESS	LES MILLS BODYPUMP™	LES MILLS BODYBALANCE™	9.15am LES MILLS BODYPUMP™	
12.15pm	WARRIOR TRAINING <i>CIRCUIT WARRIORS</i>				ZUU		
3.45pm							
5.30pm	LES MILLS BODYPUMP™	LES MILLS BODYCOMBAT™	LES MILLS BODYPUMP™	LES MILLS BODYATTACK™		10.00am LES MILLS BODYSTEP®	
6.00pm				LES MILLS CXWORX™	ANKORR	11.00am LES MILLS BODYJAM™	
6.30pm	LES MILLS BODYATTACK™	LES MILLS GRIT SERIES <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	LES MILLS BODYSTEP®	LES MILLS BODYBALANCE™		12.00pm LES MILLS BODYCOMBAT™	
7.00pm		LES MILLS BODYBALANCE™					
7.30pm	Arena BOXING4FITNESS		ZUU				
	THEATRE						
5.45am	LES MILLS RPM™		LES MILLS RPM™		LES MILLS RPM™	9.30am LES MILLS RPM™	
12.15pm		LES MILLS sprint		LES MILLS sprint			
6.30pm			LES MILLS RPM™				
	POOL						
9.00am	AQUArobics	HYDROMOTION		AQUArobics	AQUArobics		
7.00pm		HYDROMOTION					

Casual Entry: \$15.00/ \$7.00 for AQUA Classes / \$3.50 Superkids, Free for members / Ankorr \$5 members, \$10 non members.
 Bookings for Ankorr to be made at AFC reception. (Aquarobics is a community class not run by AFC but part of the membership)

Public Holidays Gym hours 8am—5pm
 Gym Closed Christmas and New Years
 Join our Facebook Page for information within Group Fitness or the Gym.



Arena Fitness Centre

Te Rauparaha Arena
 17 Parumoana St
 PORIRUA
 Ph (04) 2371568



RPM™ is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit



SPRINT™ 30 min High Intensity Training using an indoor bike to achieve fast results with minimum joint impact. Smash your fitness goals in 30mins. Burns calories for hours after.



BODYPUMP™ is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories



BODYBALANCE™ is a yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life.



Grit Strength – using weights and body weight exercises to blast all major muscle groups

Grit Cardio – bodyweight workouts with running, lunges and push ups

Grit Plyo – Plyometric training based, using plates and body-weight



BODYCOMBAT® is a non-contact but fiercely energetic session that redefines the high-impact workout. Combining the fighting disciplines of Karate, boxing and Tai Chi



BODYJAM®, an addictive fusion of dance. Mixing the latest hip-hop, funk and Latin sounds with the hottest music currently topping the charts, you'll get way more than a workout. You'll have heaps of fun!



BODYATTACK is a high energy fitness class. With movements like running, lunging and jumping with strength exercises such as push ups and squats.



BODYSTEP is the energizing step workout using a height-adjustable step and moving on, over and around the step. Cardio workout that pushes fat burning into high gear. Great for shaping and toning.



CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do - it's the glue that holds everything together.



BOXING4FITNESS incorporates the basic fundamentals of boxing while working on technique, fitness and muscular endurance. Equipment is provided.



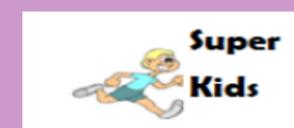
Zuu is a bodyweight workout using primal movements. You are able to work to your own level and experience the growth of your fitness over time.



HYDROMOTION is a great low-impact workout with music. While having fun and burning calories. Using toggles and weights to make your workout more interesting.



CIRCUIT WARRIORS is a weights and cardio circuit based class. Every week the workout is different and will challenge individuals fitness.



SUPERKIDS, ages 7–12yrs. A fun and active program using natural body weight and to keep your kids active. Those 10yrs and over can then enter the pool after class. Sports clothing and sport shoes is a MUST. 45min class. **\$3.50 per class or \$30 for a ten trip.** (SuperKids is not run during school holidays or during winter)



ANKORR is a multi directional resistance "Harness" workout. Great for cardio, functional strength and fat burning. A program like no other. Payment on booking, 12 people per class. NO refunds for no shows. **This is a user pays \$5 members/\$45 ten trip and \$10 non members/\$90 ten trip.**