

# Group Fitness Timetable

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
05.45 - 06.45	RPM S3	05.45 - 06.45	BodyPump S1	05.45 - 06.45	BodyStep S1	05.45 - 06.45	BodyBalance S1	05.45 - 06.45	RPM S3	07.15 - 0815	RPM Extreme S3 A		
08.30 - 09.30	Silver Streaks S1 S							08.30 - 09.30	BodyVive S1	08.30 - 09.30	BodyAttack S1	08.30 - 09.30	BodyStep S1
		08.45 - 09.30	BodyAttack S1	08.45 - 09.30	BodyJam S1	08.45 - 09.30	BodyStep S1			08.45 - 09.45	RPM S3		
09.15 - 10.15	RPM S3		RPM S3						RPM S3				
09.30 - 10.30	BodyPump S1	09.30 - 10.30	BodyBalance S1	09.30 - 10.30	BodyPump S1	09.30 - 10.30	BodyCombat S1	09.30 - 10.30	BodyStep S1	09.30 - 10.30	BodyPump S1		
		10.30-11.30	BodyVive S1	10.30-11.30	BodyBalance S1	09.45 - 10-45	Pilates S1	10.30-11.30	BodyBalance S1				
		17.15 - 18.00	RPM Express S3	16.15 - 17.15	BodyVive S1								
17.30 - 18.30	BodyStep S1	17.30 - 18.30	BodyCombat S1	17.30 - 18.30	BodyPump S1	17.30 - 18.30	BodyAttack S1	17.30 - 18.30	BodyJam S1				
17.45 - 18.45	RPM S3			17.45 - 18.45	RPM S3								
		18.15 - 19.15	RPM S3	18.15 - 19.15	Pilates S2	17.45 - 18.45	RPM S3						
18.30 - 19.30	BodyPump S1	18.30 - 19.30	BodyStep S1	18.30 - 19.30	BodyAttack S1	17.45 - 18.45	BodyPump S1						
19.30 - 20.30	Pilates S2	19.30 - 20.30	BodyBalance S1										

Original Bootcamp's results driven training techniques have been battle tested by thousands of Australians, with amazing results.

Whether you're a couch potato, an elite athlete, or somewhere in between, Original Bootcamp has been designed to challenge your individual level of fitness.

We guarantee you will never experience the same training session twice, no matter how long you train with us.



Call **5428 2088** now and book in for a **FREE** introductory session

**New Courses start every month**

Research estimates that childhood obesity is rising so fast, that over half of young Australians will be overweight or obese by 2025

Our Junior Gym program runs for 10 weeks in line with school terms and caters for children aged 6 to 14 years.

The program includes separate resistance workouts on specially designed equipment and group cardio sessions. Each phase of the program includes goal setting, team building and nutritional guidance.

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## Key

- Fitness class
- Strength & conditioning class
- Dance class
- Holistic class
- Other classes

- S1 Studio One
- S2 Studio 2
- S3 Studio 3 (RPM Studio)
- A Advanced Class
- S Designed for senior members

## FITNESS CLASSES

**BODYATTACK™** is a simple, high-intensity group exercise-to-music class that's fully optioned to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises for building strength.

**BODYSTEP™** is a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits you can expect to achieve in this class are toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength.

**BODYCOMBAT™** is a non-combat, martial arts-based fitness program with moves drawn from karate, tae kwan do, kung fu, kickboxing, muay thai and tai chi. Each 55-minute BODYCOMBAT™ class is choreographed to ten tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

**RPM™** is a 50-minute indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometres of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed.

## STRENGTH & CONDITIONING CLASS

**BODYPUMP™** It's the fastest way to shape up and lose body fat. BODYPUMP™ is a toning and conditioning class with weights and is for just about everybody. It's perfect for both males and females who want to add strength training into their aerobic workout. The simplicity of the class makes BODYPUMP™ a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each workout.

## HOLISTICS CLASSES

**BODYBALANCE™** is the yoga, tai chi and Pilates workout that leaves you feeling long, strong, centred and calm. It's your personal "time out" from the stress and strains of daily life – a 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.

**PILATES:** When our muscles are weak they make compensations for each other which lead to instability and injury. Pilates encourages you to think about how you perform everyday movements. It heightens your body awareness which in turn improves your overall agility, flexibility and strength. It helps you ensure your body is working at its optimal level all the time.

## DANCE CLASS

**BODYJAM™** is a 55 minute workout set to the latest music and greatest dance moves. It's cardio fun at its best for those with a passion for movement. You'll burn calories, increase your fitness levels – and learn to dance better.

## OTHER CLASSES

**BODYVIVE™** is the new exercise-to-music program from Les Mills. It's a low-impact, 55-minute class, integrating: Aerobic exercise for heart fitness, Resistance training for strength and stability and Stretching and mobility work. Using VIVE™ balls, VIVE™ tubes and optional hand-weights, you enjoy a varied workout that activates and empowers your body.

**SILVER STREAKS™** is a freestyle class incorporating low impact aerobics, easy step, strength exercises and circuit training set to older style music. This program is ideal for the person just starting back from a lay off or an less active person.

## EXERCISE CLASS TIMETABLE



Try a new exercise class this year.  
Get motivated with a fitness class or stretch yourself with one of our holistic classes.



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