

CHATSWOOD TENNIS CLUB GROUP FITNESS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00- 7.45am	BOXING 45mins	LIFT 45mins	FUNHOUSE 45mins	GRID 45mins	TRAINERS PICK 45mins
7:45- 8.30am	GRID 45mins	SUPERHIIT 45mins	BOXING 45mins	LIFT 45mins	SUPERHIIT 45mins
9:30-10:15am	GRID 45mins		LIFT 45mins		
12:00-12:45pm	GRID 45mins	SUPERHIIT 45mins	LIFT 45mins	BOXING 45mins	TRAINERS PICK 45mins
4:30-5:15pm	Starts 24 th April TEENS 45mins		Starts 26 th April TEENS 45mins		
5:15-6:00pm	SUPERHIIT 45mins	LIFT 45mins	TRAINERS PICK 45mins	GRID 45mins	
6:00-6:45pm	BOXON 45mins	TRAINERS PICK 45mins	LIFT 45mins	SUPERHIIT 45mins	
6:45-7:30pm	GIRD 45mins	SUPERHIIT 45mins	BOXING 45mins	LIFT 45mins	
SATURDAY	FUNHOUSE 7:30-8:30am	FUNHOUSE 8:30-9:30am			

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CORE- Coming Soon

This session will strengthen your glutes, back and all muscles in your midsection. The core is your centre of gravity and functional movements are highly dependent on this part of your body. This session is a great compliment to the others as it is only 30 minutes in duration and is key for a fitter, stronger you.

LIFT

A resistance focused session that aims to build strength through incorporating weights and body weighted exercises to ensure the class is suited to both building muscle while remaining toned. Lift is a staple for a lot of our members and a great session for correcting posture and strengthening your core.

YOGA- Coming Soon

Is characterized by stringing postures together so that you move from one to another, seamlessly, using breath to improve your flexibility. Commonly referred to as "vinyasa" yoga. This class offers a variety of postures, so no two classes are ever alike.

FUNHOUSE

We decided for this session to combine the primaries all in one dynamic full body workout. Funhouse challenges members in all three zones during this session, with each round focusing on a different format of training. Typical Funhouse will have a round in Boxon, SuperHIIT and Grid/Lift zone.

SUPERHIIT

An amazing circuit based high intensity interval training session fit for all fitness levels with our trainers providing progressions and regressions of each exercise. There are a total of 12 exercises and no two sessions are the same.

TRAINERS PICK

Show up and expect the unexpected. These sessions give our trainers the creative freedom to show off their imagination and creativity in producing fun and exciting new workouts. Great way to spice up your training and try something completely new.

GRID

A dynamic combination of state-of-the-art low impact cardio equipment with functional strength accessories like Kettlebells, Powerbocks and Suspension Straps. Grid is the perfect all-round class as it's a perfect combination of cardio and resistance training, giving you a complete full body workout activating all muscle areas.

BOXON

No need for partners with our customized wall mounted units, targeting the upper body. In-between exercises we focus on the lower body with a blend of spin cycling. Core strength is a major component of this unique class.

Boxon is designed for either beginners or the advanced.



Chatswood Tennis Club- 102A Fullers Rd, Chatswood West

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Highlow is a completely different fitness experience as compared to a normal gym. Its focus is on you and your valuable time, helping you achieve your personal goals.

