

# Group Training Weekly Timetable



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.00 - 6.45 AM	LIFT 45 mins	TRAINERS PICK 45 mins	BOOTCAMP 45 mins	LIFT 45 mins	BOXON 45 mins
6.45 - 12.15 PM	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING
12.15 - 1.00 PM	GRID 45 mins	LIFT 45 mins	BOXON 45 mins	SUPERHIIT 45 mins	BOOTCAMP 45 mins

## CHATSWOOD TENNIS CENTRE

SATURDAY	FUNHOUSE 7.30am - 8.30am	FUNHOUSE 8.30am - 9.30am
----------	-----------------------------	-----------------------------

### BOOTCAMP

This session combines indoor & outdoor training. The outdoor component provides a variety of body weight, resistance, core and cardio related exercises.

Often incorporating partner workouts, this is the perfect class to bring your partner or friend along to.

### FUNHOUSE

We decided for this session to combined 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.

### 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.

### BOXON

No need for partners with our customized wall mounted units, targeting the upper body. Inbetween 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.

### 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.

### CORE

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.

### 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.



HighLow is a completely different fitness experience compared to a normal gym. It's focus is on you and your valuable time, helping to achieve your personal goals.

The Highlow Program uses top of the line equipment and exercise regimes to help you enjoy your workout. All instructors are trained and qualified to deliver quality programs that have a motivational and friendly atmosphere.