

2011 Group Exercise Timetable



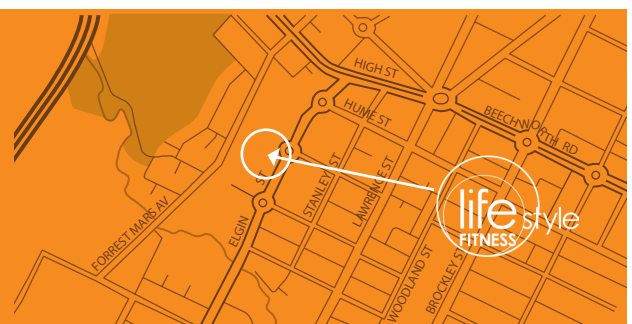
Lifestyle Fitness Wodonga 70 Elgin Street, Wodonga. Ph: 02 6024 7088
Email: info@lifestylewodonga.com.au

MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am Boxfit 1HR	6.15am BodyAttack 1HR	6.30am Revolution		6.15am Revolution 45		
8.30am Use It Or Lose It			8.30am Use It Or Lose It		8.30am Step 1HR	
9.30am Step45	9.30am BoxFit 1HR	9.15am BodyPump	9.30am BoxFit 1HR	9.30am Step45	9.30am BoxFit 1HR	9.30am BodyPump
10.15am Pilates 1HR		10.15am BodyAttack 1HR	10.30am Zumba 50	10.15am BodyPump 1HR		10.30am BodyAttack 1HR
5.30pm Step 1HR Revolution 45	5.30pm Sweat It Off	5.30pm BoxFit 1HR	5.30pm Revolution			
	6.00pm Revolution	5.45pm Revolution 45	6.00pm BodyAttack 1HR	5.45pm BodyPump		
	6.00pm Body Pump					
6.30pm Pilates	7.00pm Yoga 1.5HR	6.30pm Pilates				
7.30pm Zumba 50		7.30pm Zumba 50				

*NB: Classes may change without notice.

Business Hours:

Mon - Thurs 6.00am to 8.30pm
Friday 6.00am to 8.00pm
Saturday 8.00am to 2.00pm
Sunday 8.00am to 12.00pm



Class Descriptions

- ◆ USE the following table to help choose the appropriate class to suit your needs. Don't hesitate to ask any of our staff for more details.
- ◆ REMEMBER to check the board for up-to-date information about 'What's On'.

CLASS TYPE	INTENSITY	COMPLEXITY
<p>BodyPump The original barbell class to strengthen your entire body and tone the muscles. The fastest way to change your body shape.</p>	EASY OR AS HARD AS YOU LIKE	ANYONE CAN DO IT!
<p>Use It or Lose It! This is a fun, gentle exercise class for those who have not been active for some time. Particularly suited for the over 50's.</p>	VERY LOW	BEGINNER
<p>Fat Burner Designed to burn body fat. This class involves a variety of Low Impact Aerobics to burn lots of calories for a leaner body.</p>	LOW-MEDIUM	BEGINNER-INTERMEDIATE
<p>Step45 A great cardiovascular workout stepping up, down and around your step. Designed to challenge and inspire you!</p>	MEDIUM	INTERMEDIATE
<p>Super Circuit A boot camp style high intensity class designed to give you a full body workout. Not for the faint hearted!</p>	HIGH	INTERMEDIATE
<p>Yoga 'Hatha' Yoga builds strength and flexibility leaving you feeling centred and calm.</p>	VERY LOW	ANYONE CAN DO IT!
<p>Pilates Based on core conditioning to improve posture, joint flexibility and range of movement.</p>	MEDIUM - HIGH	ANYONE CAN DO IT!
<p>Revolution 45 An indoor cycling workout to push your fatburning systems into a higher gear. Tones and shapes hips, legs, and butt.</p>	EASY OR AS HARD AS YOU LIKE	ANYONE CAN DO IT!
<p>Boxfit Punch your way to great results in this adrenalin packed high energy workout. Incorporates boxing equipment.</p>	EASY OR AS HARD AS YOU LIKE	ANYONE CAN DO IT!
<p>Sweat It! This fast paced, action packed class is designed purely to burn fat and take your fitness to a new level.</p>	EASY OR AS HARD AS YOU LIKE	ANYONE CAN DO IT!
<p>BodyAttack A high energy interval training class combining athletic aerobic movements with strength and stabilisation exercises.</p>	MEDIUM	INTERMEDIATE
<p>Zumba ZUMBA combines high energy and motivating music with unique moves and combinations to dance away your worries. A fun and 'easy to do' workout, ZUMBA utilises interval training to maximise fat burning and total body toning.</p>	EASY OR AS HARD AS YOU LIKE	ANYONE CAN DO IT!
<p>Outdoor Blitz A fun outdoor boot camp style class designed to give you the ultimate workout. Held at Willow Park. To book your place call Lifestyle reception.</p>	EASY OR AS HARD AS YOU LIKE	ANYONE CAN DO IT!

◆ All instructors employed by Lifestyle Fitness are fully accredited and registered with Fitness Australia.