

# OPTIMA 2019 TIMETABLE

GROUP FITNESS STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am	● T:20 Emma						
	8:45am							● BODY PUMP Amanda
	9:20am	● BODY PUMP Frank	PILATES Pam	● T:20 Emma	METAFIT Hayley	BODY ATTACK Kristy Wizz		
	10:00am				CORE ATTACK Sarah		YOGA Yvonne	● YOGA Julie
	10:40am	BODY BALANCE Julie	BODY BARRE SCULPT Kirsten	YOGA Elizabeth	BODY PUMP Michelle	YOGA Kirsten S		
	12:00pm		LIGHT, LOW & TONED Kerrie	LIGHT, LOW & TONED Sharon	LIGHT, LOW & TONED Kerrie	LIGHT, LOW & TONED Kerrie		
	5:30pm		BODY PUMP Chris T	BODY ATTACK Hayley	T:20 Emma	BODY PUMP Hayley		
	6:30pm		BODY BALANCE Theresa	BODY PUMP Hayley	BODY BALANCE Julie			

CYCLE STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am					● CYCLE April	
	8:00am						● CYCLE Sarah
	9:20am	● CYCLE Kirsten	CYCLE April	CYCLE Kirsten	● CYCLE Sarah		
	10:40am	CYCLE Kirsten					
	6:30pm	CYCLE Sarah		CYCLE Chris			

REVOLUTION STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am		● FUNCTIONAL FUSION Mandy	● KETTLEBELLS April	● FUNCTIONAL FUSION Sharon		
	7:15am						● TRX Sarah
	8:30am					● TRX Sarah	
	9:00am		● TRX Kirsten			● TRX Sarah	FUNCTIONAL FUSION Kirsten/April/Sharon/Hayley/Sarah
	9:30am	KETTLEBELLS April	FUNCTIONAL FUSION Kirsten	BOXING James		FUNCTIONAL FUSION Sarah	
	5:30pm	FUNCTIONAL FUSION Sharon					

Staff Hours:

**Monday to Friday**  
8:30am – 1:00pm  
4:00pm – 7:00pm

**Saturday**  
7:30am – 10:30am

(Sundays & Public Holidays no staff)



- = 'Peak Time!' Popular classes with limited numbers. Arrive early to avoid disappointment. (Refer overleaf for Cycle guidelines).
- ★ = New Class
- = Under Review
- ▲ = Time &/or Date Change
- = Booking Only. \$10 per session. Speak to instructor taking session if you are interested in joining in.
- = **Must have fob for these classes as outside of reception staffed hours**

Please bring a towel & water bottle to class.



36 Milgate Drive, Mornington  
5976 4000

# CLASS DESCRIPTION

<b>BODY ATTACK®</b> 1 Hour Class	A high energy intensity training session which combines athletic aerobic movement with strength and stabilisation exercises. This class has awesome music to motivate you through your workout. Suitable for all fitness levels.
<b>BODY BALANCE®</b> 1 Hour Class	The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
<b>BODY BARRE SCULPT</b> 45 Minute Class	A low impact, high intensity class that utilises the barre and complimentary equipment such as light weights, thera bands and pilates balls to increase strength, core stability, endurance, flexibility and cardiovascular fitness. Suitable for all fitness levels.
<b>BODY PUMP®</b> 1 Hour Class	The fastest way to shape up and lose body fat. A toning and conditioning class with weights. For anybody that wants to add strength training into their aerobic workout. You'll use a step platform, a bar and a set of weights. You'll improve your strength and fitness, tone and shape your muscles and improve bone density.
<b>BOXING</b> 45 Minute Class	Boxing with gloves and pads. A great cardio and strength workout. Suitable for all fitness levels.
<b>CORE ATTACK</b> 30 Minute Class	A core based class based on functional movement with no aerobic routines. Strengthen and tone your core and take your abs to the next level! Suitable for all fitness levels.
<b>CYCLE</b> 45 Minute Class	For beginners through to advanced, this is a non-impact indoor cycling session. The instructor motivates participants through different speeds, positions, and resistance levels. This is a sensational fat burning workout. <b>NB. If you reserve a bike prior to commencement of class you must be at the bike in the Cycle Studio by 9:15am. If you are not there on time the bike will be forfeited if another member come to participate.</b>
<b>FUNCTIONAL FUSION</b> 45 Minute Class	A specialised session guaranteed to work your body covering different styles of training, including functional training and HIIT (High Intensity Interval Training) using all the fun stuff including kettlebells, battle ropes, medicine balls, power bags, box jumps & more.
<b>KETTLEBELLS</b> 45 Minute Class	Working every muscle group with kettlebells is the fastest way to lose body fat and strengthen muscles. This class can be adjusted for any fitness level, so get energised and ready to work!
<b>LIGHT, LOW &amp; TONED</b> 1 Hour Class	A low impact cardio, strength and resistance exercise program suitable for all age groups for members wanting a low impact class to improve overall fitness.
<b>METAFIT</b> 30 Minute Class	Metafit is a combination of power, speed & strength. Combining traditional bodyweight exercises with the latest interval techniques to set your metabolism on fire!
<b>PILATES</b> 1 Hour Class	Mind and body in tune as one by emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth, flowing movement, you become acutely aware of how your body feels, where it is in space, and how to control its movement. Promotes strength, balance and flexibility. For beginners through to advanced.
<b>TRX</b> 30 Minute Class	Using bodyweight exercises developing strength, balance, flexibility & core stability simultaneously. Through utilizing your bodyweight the TRX provides greater performance and functionality. Benefits of suspension training are: Delivers a fast effective total body workout. Helps build a rock solid core. Increases muscular endurance. Benefits people of all fitness levels (pro athletes to seniors). Specialised class bookings essential (\$10 per person per session / Maximum 12 participants)
<b>T:20</b> 45 Minute Class	Tabata training is done with a number of different exercises. Work as hard as you can for 20 seconds and rest for 10 seconds for a total of eight rounds per exercise. If you are looking to mix up your fitness routine this training is guaranteed to re-energize your muscles and make you feel great. Great for intermediate and advanced participants.
<b>YOGA</b> 1 Hour Class	Mind-body-spirit focussing on flexibility, strength and relaxation. Yoga brings meditation, asana (posture) practice and pranayama (breath awareness) into a one hour class. Reward your body and soul with a little rejuvenation.