

BODYWORK GYM GROUP FITNESS TIMETABLE

timetable subject to change, see website for current timetable www.bodyworkgym.nz

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am	STRENGTH & CONDITIONING	SPIN	CIRCUIT	SPIN	STRENGTH & CONDITIONING	SPIN @ 7am
9.00am	PUMP FIT	LADIES FITNESS	STEP FUSION	EXPRESS 30	LADIES FITNESS	
10.15am	BOXFIT	YOGA (starts 26/4/22)	SIT & BE FIT (term time only, gold coin donatinon)	YOGA		
12.15pm – 12.45pm			SPIN 30		SPIN 30	
5.15pm	SPIN	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		
6.15pm	BOXFIT		BOX-TECH	BOXFIT		

Class descriptions:

Spin & Spin 30 – Spin class can help with overall fitness both on and off the bike! Great for those wanting to keep fit or get fit, quick! Push hard enough and you'll keep burning calories even after you've left the gym! Spin 30 offers a short burst lunch time sweat! **Express 30** – a 30 minute all over body workout for those on the go! Follow this up with 30 minutes of cardio to get a full 60 minute workout. **Pump Fit** – the same Pump routines you know and love with some new strength and conditioning exercises to keep you in tip top condition at all times! **Step Fusion** - high energy aerobic focussed class which combines step and circuit to give you a good all over body workout while being kind to knees and hips! **Circuit** – 45 seconds of work followed by a brief 15 seconds rest to keep the heart rate pumping and muscles activated! **Strength & Conditioning** – we love it! Strength focused and conditioning focused movements to keep you in tip top condition at all times! **Box-Tech** – skills and conditioning, a more technical class for those looking for a more advanced combo style of boxing **Boxfit** –throw on some gloves and raise the heart rate while learning proper technique, correct footwork and enjoy the social aspect boxing offers! **Ladies Fitness** – a great way to keep fit, incorporate TRX, swiss ball and dumbbell work to keep the body mobile and strong! Class usually followed up by a coffee and catch up, a great social bunch of women. **Yoga** – stretch and relax your body, a great way to keep yourself flexible and injury free. **Sit & Be Fit** – for those who require the gentlest form of movement.