

INPUT

FITNESS HEALTH CLUB

GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM						
6:00AM					H-i-i-T	
7:00AM			TRX			
8:00AM						
8:30AM						
10:00AM					TRX	
10:30AM			TRX			
4:30PM						
6:00PM						
7:00PM						

\$5.00 per session - numbers are limited - Register your name at reception to reserve your spot.

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TRX

TRX or Total Body Resistance Exercise was born out of the Navy Seals. It delivers a fast, effective total-body workout that leverages gravity and your bodyweight to build strength, balance, flexibility and a rock-solid core. Throughout TRX your trainer will scale exercises based on your ability to gain your best form whether you're advanced or at a beginner level.

H-i-i-T

High Intensity Interval Training alternates between short intense periods of exercise and less intense recovery and rest periods. Using a combination of cardio equipment and explosive movements this challenging session will boost your metabolism to burn fat whilst elevating your cardiovascular health. Result - move faster for longer.

metafit. BODYWEIGHT TRAINING

The Metafit™ 30 minute bodyweight training system gets results! It is a functional and effective, metabolic workout that will change the way you train. The beauty of Metafit, is its simplicity, utilizing bodyweight at a high intensity this workout is adaptable for all fitness levels and abilities and will keep the metabolism fired up long after the workout is done.

CORE

The foundations of strength lay in the core, it's the collection of muscles ranging from the hips to the shoulders which stabilize and move the spine. Keeping the body's stabilizer muscles strong will not only improve your performance, it can do wonders for your posture and help in life's everyday tasks. In this session you will be guided and challenged by your trainer through a series of floor exercises from various modalities.

POWER CIRCUIT

Power Circuit is a time efficient 30 minute session which focusses on increasing muscle strength and tone. This session will help you achieve a toned physique and reduce overall bodyfat.

BOX BURN

Box Burn is a 30 minute session incorporating boxing drills and body weight exercises which improves strength, endurance, co-ordination and stamina. Helps tone muscles up and burn body fat, adaptable for all fitness levels and skills.

IGNITE 45 GROUP TRAINING

A dynamic 45 minute circuit session blending strength training and cardio to make you fitter and stronger. Includes TRX, battle ropes, THE SLED, kettlebells, shuttle runs and more! with your trainer motivating and supervising, you'll get help with technique and get that extra push to maximise the session for YOU. Ignite 45 sessions are capped at 16 participants, together we build strength, tone muscle and burn fat!

GROUP TRAINING CONDITIONS

- * MAXIMUM 8 PEOPLE EACH SESSION (EXCEPT IGNITE45 WHICH IS CAPPED AT 16)
- * **MINIMUM 4 PEOPLE OR SESSION WILL BE CANCELLED**
- * MUST BOOK ON GROUP TRAINING BOARD- SEE RECEPTION FOR HELP
- * 24 HOUR NOTICE OF ANY CANCELLATION OR SESSION WILL BE DEDUCTED
- * ALL SESSIONS ARE HALF HOUR EXCEPT IGNITE ON SATURDAYS (45MIN)
- *CHECK THE GROUP TRAINING BOARD FOR MORE INFORMATION