







MIND AND BODY TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM			 YOGA		 PILATES & STRETCH		 YOGA	
9:15 AM				 TAI CHI				
10:15 AM		 YOGA			 YOGA			
6:30 PM		 YOGA	 PILATES	 YOGA	 PILATES			










GROUP FITNESS TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			 30 MIN CLASS					
7:45 AM							 30 MIN CLASS	
8:30 AM		ActiveFit		ActiveFit		ActiveFit		
9:15 AM		 45 MIN CLASS			 45 MIN CLASS			
10:15 AM		YOUNG AT HEART	YOUNG AT HEART	YOUNG AT HEART				
5:30 PM			QUICKFIT 30 MIN CLASS	 45 MIN CLASS	QUICKFIT			

All Group Fitness classes are held in the upstairs group fitness studio. All SPIN classes are 45 minutes duration unless specified.

 **Child Friendly Classes:** Our normal classes where parents are welcome to bring their children, there is an area in the Group Fitness room set up for them and the music will be a bit quieter.

GROUP FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 LES MILLS BODYPUMP	60 mins	BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!
 ActiveFit	30 mins	Active Fit is a 30 minute low impact workout focusing on a functional strength and movements to keep you fit and active.
 SPIN	45 mins	Our inspirational instructors and the pumping sound track will motivate and take you to your limits. We'll take you through climbs, sprints, and high intensity intervals to give you the best cardio workout possible while strengthening and toning your muscles. Ride the calorie burner for fitness and fun.
 YOGA	60 mins	Our Yoga classes are great for a midweek stretch or end of week wind-down! Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.
 PILATES	60 mins	Pilates is a 60 minute class which focuses on the body's core. This class will help to improve abdominal and back strength as well as stamina. It promotes the relaxation of the muscles to help improve and maintain flexibility and posture. It is suitable for all levels.
 PILATES & STRETCH	30 mins	Pilates & Stretch is a 30 minute class which focuses on the body's core. This class will help to improve abdominal and back strength as well as stamina. It promotes the relaxation of the muscles to help improve and maintain flexibility and posture. It is suitable for all levels.
 QUICKFIT	30 mins	A time efficient, fun, motivating full body workout. You'll work every muscle group in 30 minutes, in a circuit that combines strength, cardio and flexibility - set to an inspiring sound track. Simple moves for solid results!
 TAI CHI	45 mins	Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is low impact and puts minimal stress on muscles and joints, making it safe for all ages and fitness levels.
 YOUNG AT HEART	30 mins	This class is designed for the over 50's with light resistance training helping to increase energy levels, joint flexibility, bone density, balance and co-ordination.

**5 DAY
FREE
PASS**

Not currently training with us? Click below to reserve your **5 DAY FREE PASS**, allowing you to experience training with us at Advance Fitness first hand. This is a great opportunity to see if you will love training at our gym as much as we think you will!

**GROUP FITNESS CLASSES OFFER A HIGH ENERGY,
MOTIVATING WAY TO GET INTO THE BEST SHAPE OF YOUR LIFE.**

**CLICK NOW TO CLAIM
YOUR 5 DAY FREE PASS!**

