

CLASS DESCRIPTIONS

LEVELS 1 - New to exercise

2 - Some Experience

3 - Regular Exercise

4 - Experienced

For your safety you MUST arrive prior to the commencement of classes to be able to participate.



- **BODY COMBAT (L2-4)** - Combines moves from a range of self-defence disciplines like Karate, boxing, tai chi, Taekwondo into an energetic routine. Experience the fierce, energetic workout that helps increase your fitness while reducing body fat & cholesterol.
- **BODY PUMP (L1-4)** - This overall body workout incorporates all major muscle groups using adjustable weight loaded barbells. Assists in rapid fat burning and muscle tone.
- **POWER BOX (L3-4)** - A high intensity class including boxing, kicking drills, plyometric and conditioning exercises. **Gloves or wraps** are required.
- **BODY JAM (L1-4)** - Gives you all the benefits of cardiovascular exercise, including burning lots of calories. You'll get hooked on this unique form of dance & the emotional high that comes from this unique form of self expression.
- **BODY ATTACK (L3-4)** We promise this program will raise the heart rate and make you sweat. A Fantastic High impact aerobic work out, non stop movement to highly motivating music. This class will take your fitness to the next level! Body Attack will totally energize you!
- **STEP (L2-4)** - An elevated platform and step create a medium to high intensity workout
- **STEP/ABT (L2-4)** - Step PLUS bonus Abs, Butts & Thighs. A low impact class specifically tailored to trim and tone 'problem' areas!
- **BODY BALANCE (L1-4)** - A revolution in mind body training. Combines Yoga, Tai chi and Pilates to create a holistic workout that brings the body into a state of harmony & balance.
- **AWESOME ABS (L2-4)** - Focusing solely on your mid-section. A variety of techniques and styles will give your abdominals a great workout through strengthening your core.
- **YOGA (L2-4)** - Regular practice brings greater flexibility, good health and peace of mind. Bring your own mat if you prefer.
- **HEALTHY HEARTS (L1-2)** - A low impact class designed for the Active Over 50's, or those new to exercise. Increase your fitness, balance, strength and general well-being.
- **HOT CYCLE (L2-4)** - Come for the ride of your life, caters for all levels. Burn unlimited calories in our fabulous cycle class. You control the level to work at!
- **NEW BODY (L1-4)** - A low impact muscle conditioning class using light weights and body weight exercises.
- **POWER HOUR (L3-4)** - A circuit /drill based class to improve your fitness without any fancy choreography, includes cardio and strength components. Work at your own pace. **Gloves** are required for all sessions. See reception to hire gloves & Inners.
- **KILLER LEGS (L2-4)** - Burn calories while toning and strengthening your Legs, Bottom and Thighs.
- **SWISS BALL (L1-4)** - Transform your body shape, increase strength, improve Posture, Stability & Balance. A FULL BODY workout designed to target your core for the entire class.
- **CIRCUIT CLASSES (L1-4)** A combination of different muscle groups worked in a 30 min circuit format conducted by our Personal Training Team. If you want results this is the class for you!
- **TAI CHI (L1-4)** Tai Chi is a Chinese Internal Martial Art which can enhance physical, mental and spiritual wellbeing. In this class you will learn standing chi kung (breathing exercises), the Yang Cheng Fu slow form, push hands (two person exercises), faster forms and self defence applications.
- **GENTLE EXERCISE (L1-2)** Great for getting back into exercise or starting for the first time.
- **X FIT (L3-4)** Looking for a challenge? This is it! 30 mins of pure heart pumping exhilarating exercise stations using resistance! - We dare you take on this challenge!
- **ZUMBA (L1-4)** Ditch the workout—join the party! Latin Dance fused with hypnotic Latin rhythms & easy to follow moves to create a dynamic fitness program that will blow you away.

ONE55
health & fitness

Group Fitness Program

Autumn - 2010

ONE55 health & fitness Operating Hours
Trialing - Monday to Wednesday: 5:30am - Midnight
Thursday to Friday: 5:30am - 10:00pm
Saturday & Sunday & Public Holidays: 7:00am - 7:00pm

Level 1, 55 Sherbrooke St, Rooty Hill
Ph: 9677 4903

NEW CLASS OR TIME SLOT **STUDIO 1 – GROUP FITNESS STUDIO (60 minutes classes)**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am		Power Box		Body Pump			
7:30am						Body Combat	BEEP TEST 1st Sunday of the month
8:30am						Power Box	Step
9:30am	Body Pump	Step	Body Combat	Body Pump	Swiss Ball	Body Pump	Body Pump
10:30am	Step	Body Balance	Body Pump	Body Attack	Body Combat		
4:45pm		Body Combat Express (45min)					
5:30pm	Zumba	New Body	Body Attack	Body Combat			Body Jam
6:30pm	Body Pump	Body Attack	Power Hour	Body Pump	Zumba		
7:30pm	Body Combat	Body Jam	Body Pump	Power Box			
8:30pm				BEEP TEST 1st Thursday of the month			

STUDIO 2 – MIND BODY STUDIO (60 minute classes, 30 minute circuits)

5:45am			Yoga				
6:30am					X FIT		
7:00am	Circuit						
7:15am					Healthy Hearts		
7:30am			Gentle Exercise				
8:00am		Circuit Abs		Circuit			Circuit Abs
9:30am	Swiss Ball						
10:30am		Healthy Hearts					
11:30am	X FIT		Circuit Abs			Circuit Abs	
3:45pm						Tai Chi	Yoga
5:30pm	Awesome Abs		Awesome Abs	Gentle Exercise	X FIT	X FIT	Circuit
6:00pm	Killer Legs	Gentle Exercise	Killer Legs	Yoga			
6:30pm	Yoga	Swiss Ball	Body Balance				
7:30pm		Body Balance			Body Balance		

STUDIO 3 – CYCLE STUDIO (45 minute classes)

5:45am	Hot Cycle		Hot Cycle		Hot Cycle		
7:30am		Express Cycle (30min)					Hot Cycle
9:30am		Hot Cycle			Hot Cycle		
10:30am	Hot Cycle					Hot Cycle	
5.00pm					Express Cycle (30min)		
5.45pm	Hot Cycle		Hot Cycle				
6:30pm		Hot Cycle					
6:45pm	Hot Cycle		Hot Cycle	Hot Cycle			
7:30pm		Hot Cycle					

Classes are subject to change. * Zumba (12 weeks duration) Circuit, X FIT & express cycle classes 30 mins duration

Induction Workshop

Tuesday 10:30am

Wednesday 6:00am

Thursday 8:00pm

Friday 6:30pm

Saturday 10:30am

Meet at Reception

What is an Induction Workshop?

A 30 min introductory to basic cardio vascular & resistance / weight equipment conducted by our qualified Personal Trainers.

EVERYONE WELCOME TO JOIN IN