

## 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 (L1-4)** - 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!
- **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 full body resistance workout conducted in our circuit area on the gym floor. Suitable for everyone, but particularly good for first timers or if you are after an express workout.
- **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.
- **SH'BAM—(L1-L4)** "This is no ordinary workout - It's for people who want to lose their inhibitions and shake it out to the latest chart music; who want to shape up while having fun with their friends. The gym becomes a dance floor- even for people who think they can't dance... Les Mills' new dance program lets everyone become the star of their own dance-out, with hot yet simple moves that anyone can cut loose to. It's not a gym program- it's a dance revolution!"

**ONE55**  
health & fitness

## Group Fitness Program Winter- 2010

**ONE55 health & fitness Operating Hours**  
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

SPECIALTY CLASS—LIMITED TIME		STUDIO 1 – GROUP FITNESS STUDIO (60 minutes classes)					NEW CLASS OR TIME SLOT	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45am		Power Box		Power Box				
7:30am						Body Combat		
8:30am						Power Box	Step	
9:30am	Body Pump-	Step/ABT	Body Combat	Body Pump	Swiss Ball	Body Pump	Body Pump	
10:30am	Sh'Bam—Michelle Dean	Body Balance	Body Pump	Body Attack	Body Combat	Zumba		
5:30pm	Zumba	Body Combat	Body Attack	Body Combat			Body Jam	
6:30pm	Body Pump	Body Attack	Power Hour	Body Pump	Zumba			
7:30pm	Body Combat	Sh'Bam—Michelle Dean	Body Pump	Sh'Bam—Michelle Dean	Body Balance			
<b>STUDIO 2 – MIND BODY STUDIO (60 minute classes)</b>								
5:45am			Yoga					
7:00am		Body Balance						
7:15am					Healthy Hearts (45min)			
9:30am	Swiss Ball							
10:30am		Healthy Hearts (45min)						
3:45pm							Yoga	
5:30pm	Awesome Abs		Awesome Abs					
6:00pm	Killer Legs		Killer Legs	Yoga				
6:30pm	Yoga	Swiss Ball	Body Balance					
7:30pm		Body Balance						
<b>STUDIO 3 – CYCLE STUDIO (45 minute classes)</b>								
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						
<b>GYM FLOOR (30 minute)</b>								
7:00am	30 min Express Workout							
7:30am	Workshop		30 min Express Workout					
8:00am		30 min Express Workout		30 min Express Workout	Workshop			
10:00am		Workshop				Workshop		
11:30am	30 min Express Workout	30 min Express Workout	30 min Express Workout	Workshop		30 min Express Workout	30 min Express Workout	
6:30pm			Workshop					

Sh'Bam 6 Week trial program—Instructor MICHELLE DEAN

Classes are subject to change

Meet at reception for Workshops