



ELEMENT FITNESS

HEALTH CLUB

GROUP FITNESS TIMETABLE COMMENCING 10 JANUARY 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO							
6.00 AM			BODYPUMP 45 Steve				
8.15 AM						BODYATTACK Jade	
9.15 AM			REFORMER Boon			BODYPUMP Rachel	
9.30 AM	BODYPUMP Sara H	BODYCOMBAT Naomi	BODYPUMP Tessa	Freestyle Step 45 Naomi	BODYPUMP Rachel		BODYCOMBAT An
10.30 AM		BODYBALANCE Naomi		BODYPUMP 30 / LM CORE Naomi		BODYBALANCE Sharyn	BODYPUMP 30 / LM CORE Steve
11.30 AM							Freestyle Step 45 Steve
5.30 PM	BODYPUMP Tessa	BODYATTACK Jade	BODYCOMBAT Jade	BODYCOMBAT An			
6.30 PM	BODYCOMBAT Jade	BODYPUMP 30 / LM CORE Naomi	BODYPUMP Sarah	BODYATTACK 45 Bryan	ZUMBA Libby		
7.30 PM	BODYBALANCE Dominique	ZUMBA Lauren	BODYBALANCE Naomi	ZUMBA Karina			
CYCLE STUDIO							
6.00 AM	RPM Ben				RPM Ben		
8.30 AM							
9.30 AM			RPM Ben		RPM Jacqui	SPRINT Rachel	
6.00 PM		SPRINT Ryan					
6.30 PM	SPRINT Jacqui			SPRINT Jacqui			
REFORMERS							
8.30 AM						REFORMER TONE Shu	
9.15 AM					REFORMER TONE Kai		
9.30 AM	REFORMER STRENGTH Kai	REFORMER STRENGTH Leanne	REFORMER TONE Maria	REFORMER FLOW Maria		REFORMER TONE Shu	REFORMER FLOW Kerri
10.30 AM							REFORMER FLOW Kerri
5.30 PM					REFORMER FLOW Boon		
6.00 PM		REFORMER FLOW Boon		REFORMER TONE Laura			
6.30 PM			REFORMER STRENGTH Jaime				
7.30 PM	REFORMER TONE Jenny		REFORMER STRENGTH Jaime				

Group Fitness Etiquette

Class participants are encouraged to arrive at least 5 minutes early prior to a class starting time, and will not be allowed to enter once a class has commenced.

Class participants must carry a towel and a drink bottle at all times.

Class participants are required to return all equipment and replace neatly at the conclusion of the class.

All classes, instructors and times were correct at the time of printing.

Classes and instructors are subject to change.

Please visit www.elementfitness.com.au for updated timetable.

Class timetable may change on Public holidays.

Element Fitness Health Club Nunawading

Level 1, Home HQ

372-394 Whitehorse Road Nunawading

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CLASS DESCRIPTIONS

BODYATTACK

A 45/55 min sports- inspired cardio workout for building strength and stamina. Combining athletic aerobic movements with strength and stabilization exercises, this high-energy interval training class will help you achieve your fitness goals

BODYBALANCE

A 55 min beautiful blend of simple Yoga, Tai Chi, and Pilates, focussing on breathing and control. A range of movements set to music that will improve your mind, body and life. Bending and stretching to strengthen your entire body.

BODYCOMBAT

A 55 min high energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. Non-contact and no complex moves to master. You'll be challenged to up the intensity and motivated to make the most of every round. You'll release stress, have a blast and feel like a champion.

BODYPUMP

A 55 min weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of reps (repetition) BODYPUMP gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles.

BOXING

Strength and cardio training to the extreme! This 45 min class includes a mixture of boxing combinations, cardio drills and strength training. Suitable for all levels of fitness, you will feel the full effects of this upper and lower body workout in no time!

FREESTYLE STEP

A 45 min high energy step aerobics dance class designed to challenge your cardio fitness in the fat burning range. The class is low to medium impact, great for toning lower body and working up a sweat with a smile.

REFORMER FLOW

A class designed for all levels of participants or anyone looking for a more gentle introduction to reformer. The class is designed to help you begin your reformer journey. The class will focus on strengthening your core muscles as well as muscle lengthening.

REFORMER TONE

Designed to have progressions and regressions depending on those in the class. This class will focus on whole body toning.

REFORMER STRENGTH

A class that will push your boundaries, you can expect lots of progressions so participants can choose how hard they would like to push their own bodies.

RPM

A 45 min indoor cycling class, set to the rhythm of motivating music. It burns heaps of calories and gets you fit. Based on the sport of cycle racing, RPM uses a series of simulated climbs and sprints to create a workout where you control the intensity—it's literally easier than riding a bike.

SPRINT

A 30 min HIIT (High Intensity Interval Training) workout using an indoor bike to achieve rapid results with minimum joint impact. The short duration workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout.

YOGA VINYASA

A 55 min open class that links breath with postures and movement such as balancing, inversions, backbends and a floor series. This increases strength, flexibility, and focus while clearing the body of toxins, leaving you feeling calm and centred.

YOGA YIN

A 55 min slow, gentle, restorative and meditative yoga practice with long supported holds in various poses, focused on targeting and releasing the fascia, the connective tissue that surrounds and connects all our muscles and organs. Suitable for all levels to relax, release or increase flexibility

ZUMBA

A 45 min fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms. Like SH'BAM, it's a disguised workout. You have so much fun, you don't realise you're working out.

NEW PARTICIPANTS, INJURIES, PREGNANCY?

If you are a new participant, have injuries, pregnant or other special concerns, please arrive 5 minutes early and advise your Instructor before class commences. They can make variations for your specific needs.