



**ELEMENT FITNESS**  
HEALTH CLUB

**SPRING GROUP FITNESS TIMETABLE**  
**ELEMENT FITNESS HEALTH CLUBS NUNAWADING**  
**COMMENCING MONDAY 8<sup>th</sup> October 2018**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	RPM		SPRINT	FITT45			
8:30 AM						BODYPUMP REFORMER (OPEN)	
9:30 AM	BODYPUMP 30	BARRE	BODYPUMP	SPRINT	CXWORX RPM	BODYATTACK EXP SPRINT	BODYCOMBAT
10:00 AM	BODYCOMBAT 30	CXWORX		REFORMER (OPEN)	BODYCOMBAT45	BODYBALANCE	
10:15 AM			REFORMER (OPEN)				
10:30 AM							BODYPUMP
5.45PM	BODYPUMP		CXWORX				
6.00PM				SHBAM			
6:15 PM	REFORMER (BEG)	BODYCOMBAT 45	BODYATTACK 45 REFORMER (OPEN)		BARRE		
6:30 PM	SPRINT	REFORMER (OPEN)	RPM	SPRINT			
6:45 PM				BARRE	BODYBALANCE REFORMER (OPEN)		
7:00 PM	BODYCOMBAT	BODYATTACK 45	BODYPUMP				
7:15 PM	REFORMER (OPEN)		REFORMER (OPEN)	CXWORX			
7:50 PM		YOGA VINYASA					
8:00 PM	BODYBALANCE 45						

**PLEASE NOTE:** Please arrive 5 minutes before class begins. For safety, no entry after warm up.

For the most up to date class times and instructors, please visit  
[www.elementfitness.com.au](http://www.elementfitness.com.au)

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## SPRING GROUP FITNESS TIMETABLE ELEMENT FITNESS HEALTH CLUBS NUNAWADING COMMENCING MONDAY 8<sup>th</sup> October 2018

### **BODYATTACK**

A sports inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

### **BODYBALANCE**

Breathing control and a range of movements and motion set to music that will improve your mind, body and life. Bending and stretching through safe and simple yoga moves, a BODYBALANCE class blends elements of Yoga, Tai Chi and Pilates to strengthen your entire body. EXP: 30 minute class.

### **BODYCOMBAT**

A high energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. Non-contact and there are 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 champ. EXP: 30 minute class.

### **BODYPUMP**

A 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 repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles. EXP: 30 minute class.

### **FIIT**

A freestyle HIIT class where members will get a different workout each and every week from basic circuit work to full on HIIT work or even boxing

### **BARRE**

A fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.

### **PILATES (MAT)**

Long lean muscles and a strong core are the main benefits from this class. Challenging and strengthening the upper body and the midsection, with little impact to the joints. Suitable for first timers and advanced participants.

### **REFORMER**

In this 55 minute class you will learn the fundamental exercises and the principles of the Pilates method. The exercises will be broken down as they are taught; ensuring you learn proper technique and the slightly smooth pace will give you confidence to execute the movements safely. This type of class is suitable for people new to Pilates and also to those with experience but are looking to brush up on their technique.

### **RPM**

RPM is an indoor cycling class, set to the rhythm of motivating music. It burns a lot 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 for 45 minutes. EXP: 30 minute class.

### **SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM is an ego-free zone—no dance experience required. Just bring a playful attitude, an open mind and a cheeky smile. Your instructor will guide you through simple (yet sassy) dance moves, all set to a party playlist.

### **SPRINT**

A 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve rapid results with minimum joint impact. The short duration of a LES MILLS SPRINT 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 YIN**

The essence of Yin Yoga is to surrender, bringing balance to your practice and your life. A strong focus on using the breath and grounding postures to lengthen fascia tissues surrounding the hips, spine, chest, and shoulders. It re-energises and calms your nervous system. The perfect way to release the tension and stress from the day.

### **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.