

GROUP FITNESS CLASSES

TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	06:00am	SHRED 06:00 – 06:45						
	09:00am	NIFTY FIFTIES 09:00 – 09:45			STRENGTH 09:00 – 09:45	NIFTY FIFTIES AEROBICS 09:00 – 09:45		
	16:30pm	TEEN GYM 16:30 – 17:30		TEEN GYM 16:30 – 17:30				
	18:15pm	ABT's 18:15 – 19:00		TOTAL TONE 18:15 – 19:00	BOXFIT 18:15 - 19:00			
	19:00pm							

GROUP FITNESS CLASSES

DESCRIPTIONS

INSTRUCTOR LED CLASSES

ABT's: Abbs Butts and Thighs is a crowd favourite. This class is designed to target the lower body and core focusing on different large muscle groups and creating time under tension.

BOXFIT: Boxfit is a high-intensity cardio workout based on boxing techniques using gloves and pad work. Suitable for all levels, this non-contact workout will you improve your agility, strength and overall fitness.

NIFTY FIFTIES: is a combination of functional exercises, strength training and light cardiovascular exercises designed for 50 plus!

SHRED: A high intensity cardio filled classes, with minimal rest! It will leave you with those amazing post workout endorphins.

STRENGTH: A combination of slow movements and strength exercises to help with muscle growth, balance and coordination.

TEEN GYM: Teen gym is a supervised hour within the gym for teens aged 12 up to and including 16 years old.

TOTAL TONE: Is designed to tone every part of your body whilst working your mind and muscle connection. With separate exercises designed to target the lower body, upper body, and core.



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