



**All classes**  
**1 hour duration**  
 Except K.P.H. Express Spin which is 45mins

### Group Class Timetable

	8.55am	9:15am	9:30am	11am	12.15am	5:30pm	6.30pm
Monday		Pilates*	Pump Balance	Easy Movin'	K.P.H. Spin Express *	Pump	
Tuesday	1/2hr Beginner's Step		Step Moves				
Wednesday		Pilates*	Step it Up	Easy Movin'		K.P.H. Spin**	Circuit Class
Thursday			Pump				
Friday			K.P.H. Spin*				

\* Small charge applies – email us for details



### OPENING HOURS:

Monday – Friday 6:00am – 8:30pm

Saturday & Sunday 8:00am – 1:00pm

*Closed public holidays unless specified*

## Group Class Descriptions

PUMP	PUMP BALANCE	STEP IT UP	STEP MOVES	K.P.H. SPIN	EASY MOVIN'
A low impact choreographed class using weights for resistance. A class for all abilities.	Combines pump with balance. Strengthen and tone, then stretch and relax with exercises from Tai-Chi, Pilates and Yoga.	High energy. Great fitness and fat burning class. Fun for everyone!	Advanced choreography at a high intensity. Challenge yourself and move it!	A high energy indoor cycling class. Great fun for all fitness levels. Limited spaces available, please call to book.	A fun, low impact exercise class suitable for everyone including diabetic, arthritis, stroke and heart conditions.

**Relax after your workout with a Sauna for only \$5!**