

Aerobics

Available for both male and female clientele.

Our aerobics room caters for all types of people with different fitness levels. This room is very large and can accommodate up to 100 participants comfortably, the floor is sprung with rubber and consists of pine wood, which has been carpeted over.

ALL AEROBIC CLASSES \$ 3.30

GYM OPEN 24HOURS A DAY`

365 DAYS OF THE YEAR

"GYM OPEN DURING PUBLIC HOLIDAYS."

Aerobics Timetable							
Effective Date : 26 November 2009							
TIMINGS	MONDAY	TUSEDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30 am	T.H.T Natasha	F.B Natasha	TAE BOX Natasha	Pump Natasha	T.H.T Natasha	F.B Steve	-
10:00 am	-	-	-	-	-	-	Zumba Claudio
10:30 am	-	Pilates Paul \$7.00	-	Pilates Paul \$7.00	-	T.H.T Steve	-
11:00 am	-	-	-	-	-	-	PILATES BETI \$7
11:30 am	-	-	-	-	-	STEP Mary	-
01:00 pm	-	-	-	-	-	Pilates Paul \$7.00	-
02:00 pm	-	-	-	-	-	-	-
04:00 pm	-	-	-	-	-	-	-
05:15 pm	Pilates Paul \$7.00	-	-	-	-	-	-
06:00 pm	T.H.T steve	STEP Mary	T.H.T steve	Pilates Paul \$7.00	L.I steve	-	-
06:30 pm	-	-	-	-	-	-	-
07:00 pm	Pump Natasha	TAE BOX Natasha	Sculpt Mary	Pump Nicole	Zumba Claudio	-	-
07:30 pm	-	-	-	-	-	-	Fat Burner Natasha
08:00 pm	L.I steve	T.H.T pina	Zumba Claudio	T.H.T Monique	-	-	-

09:00 pm	Zumba Claudio	TAE BOX Liz	TAE BOX Claudio	TAE BOX Liz	-	-	-
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PS : REMEMBER TO BRING ALONG A TOWEL AND PLENTY OF DRINKING WATER

CLASS DESCRIPTION:

F.B. FAT BURNER - a cardiovascular workout designed to trim off those unwanted kilo's of body fat. Great workout designed to make you sweat, consisting of interval aerobics,"x" minutes of high impact moves followed by "x" minutes of low impact or step

L.I LOW IMPACT - Aerobic workout with NO running or jumping, suitable for all fitness levels, great for fat burning.

T.H.T TUMMY HIPS & THIGHS - as the name suggests a class designed to target these problem areas with a low cardiovascular component, suitable for beginners.

STEP STEP REEBOK - Stepping up and down on an adjustable platform. Great for overall fitness. A high intensity, LOW impact class designed to burn off those excess calories & improve muscle tone.

TAE BOX TAE BOX- a combination of Martial Arts movements in an aerobic class. Great for burning fat and sharpening reflexes, suitable for all levels of fitness.

SCULPT SCULPT -offers an aerobic and resistance training workout for your whole body using a variety of equipment.

PUMP PUMP - a cardio challenging class with a muscle defining edge suitable for all levels.

PILATES a highly regarded exercise technique used to develop muscular balance & strengthen stabilizer core

ZUMBA Bginners to Advance class includes salsa moves, cha cha , latin and more!! Lots of fun burn fat and get fit

NOTICE : Please advise Aerobics Instructor if you are pregnant, have never done an aerobics class before or if you have a medical condition.