

## CLASS DETAILS

**BODY BALANCE** a beautiful modern mix of Yoga, Pilates and Tai Chi. BB will lengthen, strengthen, improve your posture and relax your mind. Options provided to suit all levels.

**BODY BALANCE EXPRESS** is a half hour Yoga/Pilates class to help lengthen and relax the body and mind.

**BODY COMBAT** is martial arts and boxing movements set to great music. A terrific cardio class for weight loss and body toning. No prior martial arts experience necessary. Intermediate level class.

**BODY PUMP** targets all the major muscle groups of your body, using adjustable weights. BP is the fastest way to get in shape, burning fat and toning muscles. Options provided to suit all levels.

**BODY PUMP EXPRESS** is a 30-40 minute weight class designed to help those who like a quick, short workout that is guaranteed to help tone and shape the body. An express version of our most popular one hour Body Pump class.

**BODY STEP** The best "butt and thigh" workout on the planet. Let our state of the art 'Neo Shock' absorbing floor entice you. Intermediate level class.

**RPM** Experience the fat burning ride of your life! An indoor cycling class that will burn up to 800 calories in one 45-minute session, RPM is a favourite for weight reduction. Intermediate-advanced class.

**AQUACISE** Use the wonderful qualities of water for a fantastic low impact cardio respiratory workout. Burn calories and tone. Options provided to suit all levels.

**BOXACISE** is a complete workout combining the bike for fitness, boxing for strength and an abdominal workout to cap it off. What more could you want!

**CORE ESSENTIALS** Fitballs and dumbbells combine to strengthen outer muscles for definition and inner muscles for core stability which will improve back strength and posture. Options provided to suit all levels.

**EBT** (Express Body Tone) This circuit style class will give you an entire body workout. A great class for boosting your metabolism, toning muscles, improving strength and fat loss. Options provided to suit all levels.

**PILATES** targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. Excellent for improving posture, strength, flexibility and aligning the body correctly.

**ABS/BUTT & THIGHS** is a low-impact freestyle class. Great for toning everyone's Abs, Butt and Thighs while still burning high calories and gaining fitness.

**BODY ATTACK EXPRESS/ABS EXPRESS** combine together to make a great one-hour class. A 30-minute high energy aerobic class together with a half hour of Abdominals, guaranteed to build stamina, strength and agility. Low options are available.

**YOGA** is a combination of yoga styles based on held poses as well as flowing sequences to enhance flexibility, balance, strength and clarity of mind.

**PLEASE NOTE:** Bring a towel and drink to each class. Always work at your own pace. Stop and recover if you feel faint or unwell. Advise the instructor if you are pregnant or injured.



## Autumn Timetable

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SHAPE YOUR WORLD. JOIN THE ACTIVE LIFE REVOLUTION.

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TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 AM		EBT		BOXACISE			
7.30 AM						EBT	
9.10 AM	BODY COMBAT	BODY PUMP	BODY BALANCE	EBT	BODY PUMP	BODY COMBAT	BODY PUMP
10.20 AM	CORE ESSENTIALS	PILATES	BODY STEP	ABS/BUTT & THIGHS	BOXACISE	BODY PUMP EXPRESS	
11.00 AM						BODY BALANCE EXPRESS	
11.30 AM	BODY BALANCE		BODY PUMP		PILATES		
1.00 PM	AQUACISE	AQUACISE	AQUACISE	AQUACISE			
5.45 PM					BODY PUMP		
6.20 PM	BODY PUMP	BODY ATTACK EXP/ ABS EXPRESS	BODY COMBAT	RPM			
7.20 PM	BODY STEP	BODY BALANCE	BODY PUMP	YOGA			




### CENTRE HOURS

**Tue, Wed, Thu:**  
6.15 am - 8.00 pm

**Mon:** 8.00 am - 8.00 pm

**Fri:** 8.00 am - 7.00 pm

**Sat:** 7.00 am - 11.30 am

**Sun:** 8.30 am - 11.30 am

### MEMBERS SWIM

**Tue, Thu:**  
6.15 am - 8.30 am

**Wed:** 6.15 am - 7.15 am

**Mon, Tue, Thu:**  
12 Noon - 12.45 pm

**Sat:** 6.45 am - 7.45 am