


MON	TUES	WED	THUR	FRI	SAT
	6.00am-7.00am <b>BOOT CAMP</b> ADAMSTOWN – MELVILLE RD SIDE	6.00am-7.00am <b>BOOT CAMP</b> ADAMSTOWN – MELVILLE RD SIDE	6.00am-7.00am <b>BOOT CAMP</b> ADAMSTOWN – MELVILLE RD SIDE	6.00am-7.00am <b>BOOT CAMP</b> ADAMSTOWN – MELVILLE RD SIDE	7.00am-8.00am <b>BOOT CAMP</b> ADAMSTOWN – MELVILLE RD SIDE
5:30am-6:15am <b>PREDATOR TRAINING</b>		5:30am-6:15am <b>BALLS OF STEEL</b>		5:30am-6:15am <b>FUNCTIONAL GRUNT</b>	7:30am-8:15am <b>SWEAT-SESH I</b>
6.15am-7.00am <b>FIGHT CLUB</b>		6.15am-7.00am <b>METABOLIC CONDITIONING</b>		6.15am-7.00am <b>FUNC-FACTOR</b>	8:30am-9:00am <b>SUSPENDED SENTENCE</b>
	9.00am-9.30am <b>FIT CHICKS</b>		9.00am-9.30am <b>FIT CHICKS</b>		9:15am-10:00am <b>SWEAT-SESH II</b>
1.15pm-1.45pm <b>BOOT CAMP</b> CIVIC PARK		1.15pm-1.45pm <b>BOOT CAMP</b> CIVIC PARK		1.15pm-1.45pm <b>BOOT CAMP</b> CIVIC PARK	
5:30pm-6:15pm <b>FUNCTIONAL GRUNT</b>		5:30pm-6:15pm <b>PREDATOR TRAINING</b>		5:30pm-6:15pm <b>BALLS OF STEEL</b>	
6.00pm-7.00pm <b>BOOT CAMP</b> ADAMSTOWN – POPRAN RD SIDE	6.00pm-7.00pm <b>BOOT CAMP</b> ADAMSTOWN – POPRAN RD SIDE	6.00pm-7.00pm <b>BOOT CAMP</b> ADAMSTOWN – POPRAN RD SIDE	6.00pm-7.00pm <b>BOOT CAMP</b> ADAMSTOWN – POPRAN RD SIDE		
6:15pm-7:00pm <b>FUNC-FACTOR</b>		6:15pm-7:00pm <b>FIGHT CLUB</b>		6.15pm-7.00pm <b>METABOLIC CONDITIONING</b>	3/71 COWPER ST, WALLSEND (02) 4951 5086

### GROUP TRAINING DESCRIPTIONS

**BOOT CAMP** Not your ordinary boot camp! Mindful functional training with uniquely individualized attention. In just one hour you can improve your mobility, strength, endurance, and change your attitude towards fitness through a variety of methods – tyres, logs, bands, sandbags, ropes, and more! Suitable for all levels of fitness.

**BALLS OF STEEL** Kettlebells produce explosive strength, core stability, flexibility & endurance. Did we mention that they also burn fat an amazing rate? Once you experience the benefits of kettlebell training, you will understand the almost limitless potential the human body possesses. Suitable for all levels of fitness.

**FIT CHICKS** Fit Chicks is designed for ladies who lack time. Focus on improving muscle tone, flexibility and fat loss in a single session. Get in & get out. This class is full of fun and challenge! And you will not be alone!!! Suitable for all levels of fitness.

**FUNC-FACTOR** If you want to sweat, have fun, burn calories, and increase your muscle endurance then Func-Factor is your class. We combine power moves with resistance to provide the ultimate workout to train strength, endurance, balance, coordination, flexibility, power and core stability. Push your limits! Suitable for beginner to intermediate fitness levels.

**PREDATOR TRAINING** Torch fat and retain muscle. Attack your conditioning like a predator. Don't run from it like prey. Predator Conditioning is for those who want to seriously advance in their training. We will safely instruct you through metabolic challenges, strength work, & train you with cutting edge techniques to keep you at the top of your game. Suitable for intermediate to advanced fitness levels.

**METABOLIC CONDITIONING** Our Met-Con Classes are designed to work your body's individual energy systems to achieve an increased level of conditioning that will improve ALL other aspects of your sport, work and life! Suitable for intermediate to advanced fitness levels.

**FUNCTIONAL GRUNT** Get fitter, faster, stronger! Increase your maximal strength and power outputs by methods such as periodization, progression and testing, using a healthy diet of barbells, dumbbells and other heavy objects to resist you. Suitable for all fitness levels – get your grunt on functional style!

**FIGHT CLUB** Get your boxing technique on track and learn to punch, use footwork and your core effectively - while getting a great cardio workout! For beginners and intermediate levels.

**SWEAT-SESH** Push yourself & your physical abilities. Get results fast! A total body workout helping burn fat and get you in the best shape possible. Different weekly challenges to make sure you get the best results possible! Try it out & find out how hard you can go. Suitable for all fitness levels .

**SUSPENDED SENTENCE** Activate more muscle & engage your core with every move! Suspension Training helps your body to stabilize and balance, delivering incredible strength, power and results. Suitable for all levels of fitness.