


'We're working towards a fitter, healthier Perth...'



## **GROUP TRAINING TIMETABLE 2019**

	MON	TUE	WED	THU	FRI	SAT
<b>RISE &amp; SHINE 6.00AM</b>	<b>XTC</b>		<b>XTC</b>		<b>XTC</b>	
<b>MID MORNING 8.30AM</b>						<b>XTC</b>
<b>MID MORNING 9.15AM</b>	<b>Pink FIT</b>		<b>Pink FIT</b>		<b>Pink FIT</b>	
<b>MID MORNING 9.30AM</b>						
<b>TWILIGHT ZONE 5.30PM</b>		<b>XTC</b>		<b>XTC</b>		
<b>TWILIGHT ZONE 6.00PM</b>	<b>XTC</b>					
<b>TWILIGHT ZONE 6.30PM</b>				<b>(30MIN) BOXING 4 FITNESS</b>		

**GROUP TRAINING KEY:**

**XTC** = Cross Training Circuit {55min}

**PinkFIT** = Ladies Only Circuit {55min}

**BOXING 4 FITNESS** = Boxing for Fitness Session {30min}

## GROUP TRAINING SESSION DESCRIPTIONS:

### **XTC = Cross Training Circuit {55min}**

Mix up your training with a great blend of cardio and strength options that provide a full body workout in a circuit format. Experience our **XTC** rise & shine session, enter the **XTC** twilight zone or become an **XTC** weekend warrior. The choice to a fitter, healthier you is yours!

#### **XTC** KEY FITNESS BENEFITS:

 Cardio Fitness  Muscular Strength  Flexibility  Increase Metabolism

### **PinkFIT = Ladies Only Circuit {55min}**

A specialised circuit training session for women with an added emphasis on tummy, hips and thighs. **PinkFIT** combines calorie burning cardio and resistance training exercises designed to promote joint stability & bone density.

#### **PinkFIT** KEY FITNESS BENEFITS:

 Muscle Toning  Cardio Fitness  Bone Density  Body Fat Reduction

### **BOXING 4 FITNESS = Boxing for Fitness {30min}**

Our accredited Boxing for Fitness trainers will get you fighting fit! **BOXING 4 FITNESS** is a high-energy, non-contact workout that gets real results fast. We provide the instruction, focus pads and gloves, and you punch your way to a fitter, leaner you!

#### **BOXING 4 FITNESS** KEY FITNESS BENEFITS:

 Cardio Fitness  Body Fat Reduction  Muscular Endurance  Coordination

## GROUP TRAINING OPTIONS

### **Club50 (Unlimited Monthly) \*\$180**

Enjoy the ability to attend unlimited Group Training sessions within a calendar month. At just \$45 per week it provides great value for fully supervised & structured fitness training in a fun, social environment.

### **10 Session Pass \*\$225 (10% discount on casual price)**

Invest in a 10 session pass to provide you with 10 Group Training visits. The upfront pass remains at the studio & can be used at your own leisure.

### **Casual \*\$25**

Casual visits allow you to pay as you attend.