




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



GROUP TRAINING TIMETABLE 2017

	MON	TUE	WED	THU	FRI	SAT
RISE & SHINE 6.00AM	XTC	 RUNFIT *Seasonal	XTC	 TREKFIT *Seasonal	XTC	
MID MORNING 8.30AM						XTC
MID MORNING 9.15AM	Pink FIT		Pink FIT		Pink FIT	
MID MORNING 9.30AM						
TWILIGHT ZONE 5.30PM		XTC		XTC		
TWILIGHT ZONE 6.00PM	XTC		XTC			
TWILIGHT ZONE 6.30PM						

XTC = Cross Training Circuit {55min}

PinkFIT = Ladies Only Circuit {55min}

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

 **RUNFIT = Running Group{60}**  **TREKFIT = Walking Group{60}**

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

RUNFIT = Running Group {60min} *Outdoor Training (Seasonal)

Our  **RUNFIT** sessions are designed to get you out in the fresh morning air to enjoy our superb local running spaces. Run your way to a fitter, faster, healthier you and enjoy the variety and challenge of an instructor-led group run each week. Rise & Shine for  **RUNFIT**

TREKFIT = Walking Group {60min} *Outdoor Training (Seasonal)

Our unique  **TREKFIT** session is designed to provide challenge and variety to your outdoor walking regime. Are you preparing for your next trekking adventure or wanting to shed some unwanted kilograms in 2017. If so, join our  **TREKFIT** group to create a fitter, leaner you!