

GROUP FITNESS CLASSES**STARTING 9TH OCTOBER****Macksville Memorial Aquatic & Fitness Centre**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	X-FIT-45 (45mins)	REV-45 (45mins)	BOX FIT-60 (60mins)	20/20/20 (60mins)	TABATA (45mins)
8:00 AM		BOX FIT-30 (30mins)	REV-30 (30mins)	SHOCK-30 (30mins)	A,B & T (30mins)
9:00 AM	BODYWORKS (45mins)			ZUMBA® (60mins)	
11:00 AM		PILATES (60mins)		50+ BALANCE (45mins)	STRETCH & FLEX (60mins)
4:00 PM			KIDS FIT (45mins)		
5:00 PM	CORE & STRENGTH (30mins)	A,B & T (30mins)	SHOCK-30 (30mins)	X-FIT-30 (30mins)	
5:30 PM					BOX & STRETCH (60mins)
6:00 PM	TABATA (45mins)	PUMP (60mins)	X-FIT-45 (45mins)	REV-60 (60mins)	

PERSONAL & SMALL GROUP TRAINING

Personal Training: Personal Training is a one-on-one workout with one of our highly trained and qualified fitness professionals. Our Trainers will provide you with hands on support, guidance, and encouragement. They will also motivate you to achieve your individual goals and help you to get the most out of your work out time.

Personal Training is for anyone. Our Personal Trainers will sit down with you, to create a health and fitness training solution customised to meet your goals. Personal Training sessions are available at any time. Please enquire with Gym Staff.

Small Team Training: Small Team Training consists of 1 Instructor per Small Team of up to "10 Team Members". In this environment, our Personal Trainers become more like Coaches - that build and create a common purpose and successful team environment.

AQUA-CLASSES

***PLEASE NOTE:** Aqua-Classes are delivered at **HIGH** and **LOW** levels of intensity and effort (fitness levels). All Aqua Classes are 45minutes in duration

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM		HIGH Aqua-Aerobics (45mins)			HIGH Aqua-Aerobics (45mins)
10:00 AM		LOW Aqua-Aerobics (45mins)			LOW Aqua-Aerobics (45mins)
1:00 PM	LOW Aqua-Aerobics (45mins)				
6:00 PM	HIGH Aqua-Aerobics (45mins)				

MORE INFORMATION Please refer to our **website www.macksvillemafc.com.au** or phone **(02) 6568 1445** for more details and information regarding our full range of Fitness Services, Classes, Programs and Memberships.



Pump (60 mins or 30 mins)

An innovative barbell class that incorporates functional orthopaedic strength training. Every movement plane is attacked using weights and bodyweight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.

Boxfit (60mins, 45 mins or 30mins)

A boxing workout designed to incorporate the cardiovascular benefits of boxing, with high rep body weight resistance exercises to promote toning and strengthening of the body. Our Boxfit will help you reach your full potential in a fun, interactive workout.

REV (60 mins, 45 mins or 30mins)

Revolution is a cycling program that brings the outdoor ride - inside. Interval-based cadence training takes you through sprints, hills, and mountains, to achieve results and personal goals.

Tabata (45 mins)

This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. It is the perfect class if you want to build speed, endurance, stamina, coordination, agility and overall fitness to improve your fitness and lifestyle.

X-fit (45 mins, 30 mins)

This awesome cross-training class moves you through intervals of cardio and weighted resistance. Plyometrics, drills, and strength stations utilizing all strength-building equipment!

Stretch & Flex (60 mins)

A 45 minute total-body stretch class. Stretch is designed to focus on flexibility, skeletal alignment, relaxation and, best of all stress reduction.

Shock 30 (30 mins)

Is the perfect high-intensity cardio workout. Varied circuit stations provide high intensity whole body challenges to build muscle strength and muscular endurance and improve cardio power and body co-ordination.

Pilates (60 mins)

Pilates mat classes focus on developing core strength, flexibility, balance, and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

50+ Balance (45 mins)

Is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration, and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

A, B, & T (30 mins)

Focusing purely on strengthening your abs, butts and thighs. A combination of strength enhancing and muscle toning exercises will target common problem areas. This class delivers an intense regime that is designed to yield results

Core & Strength (30 mins)

We target your torso, glutes and functional abdominal muscles through high intensity interval training which is designed to challenge and define you quicker than any other class. A must do class to focus on the powerhouse of your body and to help prevent lower back injuries.

Kids Fit (45 mins)

Speed, agility, strength, balance, teamwork., but most importantly, FUN! Suitable for children of all ages.

Body Works (45 mins)

Is designed to see noticeable results in a short period of time. The class consists of high intensity workout routines incorporating a studio barbell and plyometric exercises to give you a great combination for building and defining muscle. Good for all levels.

20/20/20 (60 mins)

20 minute splits- Core, cardio, and strength! Good for all levels.

Zumba® (60mins)

ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.