

GROUP FITNESS CLASSES Starting 30th April 2018 **Macksville Memorial Aquatic & Fitness Centre**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	BOX FIT-60 (60mins)	REV-45 (45mins)	RIP-60 (60mins)	TABATA (45mins)	X FIT-45 (45mins)
8:00 AM	BODYWORKS (45mins)	BOX FIT- 30 (30mins)	REV-30 (30mins)	RIP-30 (30mins)	POWER STEP-30 (30mins)
9:00 AM				ZUMBA® (60mins)	
11:00 AM		PILATES (60 mins)		50+ BALANCE (45mins)	STRETCH & FLEX (45MINS)
4:00 PM			KIDS FIT (45mins)		
5:00 PM	REV-30 (30mins)	RIP-30 (30mins)	POWER STEP-30 (30mins)	BOX FIT-30 (30mins)	TABATA-30 (30mins)
6:00 PM	RIP (60mins)	TABATA (45mins)	SPORT (60mins)	REV-45 (45mins)	

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			HIGH Aqua-Aerobics
10:00 PM		LOW Aqua-Aerobics			LOW Aqua-Aerobics
1:00 PM	LOW Aqua-Aerobics		LOW Aqua-Aerobics		
6:00 PM	HIGH Aqua-Aerobics				

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



CLASS DESCRIPTIONS

Box fit (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 Box fit will help you reach your full potential in a fun, interactive workout.

REV (60 mins, 45 mins or 30 mins)

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 or 30 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 (45 mins)

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

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)

Improve your flexibility and core strength while you reduce stress levels. You'll focus your mind and create a lasting sense of well-being and calm.

Kids Fit (45 mins)

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

Body Works (45 mins)

With the support of 80's themed workout music, 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.

Zumba® (60 mins)

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.

Power Step (30 mins)

Functional, athletic and time efficient training is yours in POWER STEP 30. Cardio, strength, balance, and agility improve through multi-plane patterns, on the floor and step, to give you all you need in the time you have.

Sport (60 mins)

Drills, functional core movements and basic strength training come together to create a total body workout that fits everybody, from the beginner to the experienced athlete. The moves are basic, yet progressive. The choreography is simple and engaging. Add upbeat and intense music and you've got SPORT!

RIP (30 mins or 60 mins)

RIP is a barbell workout that incorporates functional orthopaedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.