

Group Fitness Classes

Effective Feb 2020

Group Fitness Timetable

Email: dandenonghealthwise@monashhealth.org

MON	TUES	WED	THUR	FRI
6:30-7:00am Brekkly Blitz JADE	Workout of the Week	6:30-7:00am HIIT & Functional Strength JADE	8:00—10:30 FREE Weigh In Thursday PETER	Workout of the Week
LUNCHTIME CLASSES				
12:00 -12:30 Pilates MARY	12.00-12.30 Core Plus LINDA	12:00 -12:30 Pilates MARY	12:00 -12:30 Balance and Stretch JANINE	12.00-12:30 Stretch & Relax ELVIO
AFTERNOON CLASSES				
	Workout of the Week	Pilates 4:30—5:00 MARY		Workout of the Week

From
\$14.95 per
week



BOXING DRILLS	An energetic class comprising boxing drills interspersed with cardio intervals. 45 mins.
HIIT = HIGH INTENSITY INTERVAL TRAINING	Get the most efficient workout utilising your whole body weight as resistance. High intensity cardio intervals is the most effective way to burn calories and condition your body. Some equipment involved.
CORE AND MORE	An enjoyable workout to test your stability, strength and improve spinal mobility. Suitable for all fitness levels.
PILATES	A core based program that strengthens your "powerhouse" and improve your posture. Great for those who need to sit a lot in their work.
BREKKY BLITZ	Awaken your body to this ever-changing class. Expect a mixed workout which could include boxing, plyometrics, cycle and power training. This will keep your muscles guessing!