

Group Fitness Timetable Feb 2020

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MON	TUES	WED	THUR	FRI
Program of the Day	Program of the Day	Program of the Day	Program of the Day	Program of the Day
LUNCHTIME CLASSES				
12.30—1.00pm Stretch and Core Strength	12.15 - 12:45 pm Strength session JADE		12.15—12.45pm Pilates and Stretch PAIGE	
AFTERNOON & EVENING CLASSES				
Program of the Day	Program of the Day	Program of the Day	Program of the Day	Program of the Day
4.30pm—5.00pm Reformer Pilates (4) 5.00pm—5.30pm Reformer Pilates (4) Jen				

Healthwise Fitness - Kingston
East —Old Occupational Health Building
9265 1413

Class Descriptions

Mat Pilates/ Pilates Reformer	Beginners to Intermediate— Targets deep muscles of the abdomen and lower back. This total body workout is especially useful in retaining range of movement, rehabilitation and prevention of injuries
Boxing/Circuit	A series of boxing drills and core stability exercises that will elevate your heart rate and strengthen your mid section. A great upper body workout. Beginners welcome.
Circuit Fat Burner	Mix it up—a bit of everything—cardio, strength, abs—all performed at various “stations”. Interval work which is great for fat burning. Suitable for all levels of fitness.
Deep Stretch	Take a break in the middle of your day to restore all those tight postural muscles. This class targets all the problem areas—neck and shoulders, hips and lower back.

