

Eastern Group Fitness Timetable 2019

Howick Leisure Centre: 09 261 8413

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		METAPWR	PILATES	METAPRO	TRANSFORM: Strength & Stretching		
8:05am						POWER	
9:15am	HI/LOW IMPACT	OXYCORE	HI/LOW IMPACT	OXYCORE	HI/LOW IMPACT		
10:20am		GENTLE EXERCISE		GENTLE EXERCISE			
11:20am		GENTLE EXERCISE		GENTLE EXERCISE			
1:00pm			GENTLE EXERCISE				
4:00pm							BOXFIT
5:00pm				METAFIT			
5:30pm	METAFIT		METAFIT	X55			
5:45pm		METAFIT					
6:00pm	YOGA 6:05PM - X55		6pm YOGA 6pm ABS	YOGA			
6:20pm		POWER					
6:30PM				OXIGENO			
7:05PM	PILATES						
8:00PM			BALL PILATES				

Lloyd Elsmore Pools & Leisure: 09 532 9684

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYPUMP 45	RPM	BODYPUMP EXP	RPM	BODYPUMP 45		
6:30am			CXWORX				
8:00am			FOREVER FIT			BODYCOMBAT	
						RPM	
9:00am	AQUA		AQUA		AQUA	BODYPUMP	BODYPUMP EXP
						RPM	
						AQUA	
9:15am	RPM	AQUA DEEP	RPM	AQUA DEEP	RPM		
	BODYBALANCE	BODYSTEP	BODYPUMP EXP	BODYSTEP	BODYBALANCE		
9:30am							CXWORX
9:45am			CXWORX				
10:00am						BODYBALANCE	SH'BAM
10:15am	BODYPUMP EXP	BODYBALANCE	BODYBALANCE	SH'BAM	BODYCOMBAT		
10:45am	CXWORX						
4:00pm						BODYPUMP	BODYBALANCE
5:00pm	BODYCOMBAT	BODYPUMP 45	BODYBALANCE	BODYSTEP			
5:45pm	BODYATTACK	BODYCOMBAT	BODYATTACK	BODYPUMP 45	BODYPUMP		
6:00pm	RPM	RPM	RPM				
	AQUA	AQUA	AQUA	AQUA			
6:30pm	BODYPUMP	CXWORX	BODYPUMP	BODYCOMBAT			
7:00pm		BODYSTEP 45					
7:30pm	BODYBALANCE		BODYBALANCE	BODYBALANCE			

Marina Fitness: 09 534 3590

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am		SPIN	YOGA	SPIN	YOGA		
7:30am		ZUMBA					
				8:45-9:30am PILATES		8:15am BODY BLAST	8:00am Sonic
9:00am	YOGA		BODYBLAST	9:30-10:15am PILATES	BODY FUSION	9:30am YOGA	
10:30am	FOREVER FIT	FOREVER FIT	FOREVER FIT		FOREVER FIT		
5:30pm	BOX FIT	YOGA	4:30PM TEEN STRENGTH	5:45PM CORE STRENGTH			
6:30pm	SPIN	YOGALATES	SPIN	BOX FIT			

Fitness Class Description		
Lloyd Elmore — Les Mills class format	Howick Leisure Centre	Marina
CX WORK — 30 mins Functional, abdominal, hip and back training	OXYCORE — 60 mins Work your core and invoke your clam. Based on Pilates & physiotherapy principles — Focus is on core strength, postural control, stretching, toning, balance and coordination for the whole body	SPIN — 45–60 mins Cycle your way to success with our motivational instructors and upbeat music! TEEN STRENGTH — 30 mins Understand how to work your body
BODY PUMP — 55 mins Challenge yourself with the original barbell workout that strengthens and tones your body	POWER — 60 mins Power up with power — a total body conditioning workout that uses dumbbells, barbells and your own body weight for a highly effective resistance workout. You control the intensity, you control the workout — you've got the power!	FOREVER FIT — 45–60 mins A low impact gentle mobility class that works the whole body. This class is suited to the active senior who would like to stay active, recover from injury or just have fun
BODY STEP — 55 mins Feel liberated and alive with the energizing step workout that pushes fat-burning systems into gear	X55 — 60 mins This high-intensive workout is the fun way to get fit! Simple yet effective routines use step boxes and hand weights to tone muscles, burn calories and get you fitter, faster.	BODY BLAST — 45 mins This is a mod-high intensity body weight and barbell class to tone and sculpt the entire body. Designed as a fast and efficient muscle burn and cardio blast with maximum results.
BODY BALANCE — 55 mins The yoga, tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm	GENTLE EXERCISE — 60 mins With seniors in mind, these are gentle classes for all abilities and suitable for beginners.	SONIC — 45 mins This is a moderate to high intensity weight, body weight & strength cardio class. Good for fat loss and tone up
BODY COMBAT — 55 mins The fiercely energetic martial arts workout where you are totally unleashed and empowered	HI/LOW IMPACT — 30 mins No matter your ability, Hi/Low impact is for you! Designed for all levels, this aerobics class burns calories and helps tone — whether you crank the intensity high or keep it low is up to you!	YOGA — 60 mins Postures to greatly strengthen and lengthen your muscles while releasing tension. Yoga is great for flexibility
BODY ATTACK — 55 mins Sports-inspired cardio workout for building strength and stamina. High energy interval training class combines athletic aerobic movements with strength and stabilization exercises	TRANSFORM: STRETCH & STRENGTHEN A fun class suitable for all fitness levels which includes exercises to improve balance, flexibility, posture, joint mobility and strengthening of pelvic floor muscles	PILATES — 60 mins Focus on your core with the eight principles of the pilates technique — concentration, breath, centering, control, precision, movement, isolation and routine — are brought together to give you a low-impact class. 8pm Wednesday Swiss ball class HLC please bring your own ball
RPM — 55 mins Take on the terrain through hill, flats, mountain peaks, time trials and interval training	METAFIT — 30 mins A 30 minute bodyweight training system that gets results! It is functional and effective, metabolic workout that will change the way you train.	BOX FIT — 60 mins A cardio-based workout with boxing principles. A fun workout that's great for improving all around fitness, toning and core strength.
AQUA DEEP This aqua class is guaranteed to activate each muscle in your body. It uses a range of water equipment for total body conditioning.	METAPRO — 30 mins Take your fitness to the next level with this high intensity 30 min workout	ZUMBA — 60 mins A fun loving and insanely addictive dance workout.
SH'BAM — 45 mins A fun-loving and insanely addictive dance workout.	METAPOWDER Take your conditioning workouts to another level with MetaPWR! Build muscles, burn fat and improve fitness with this unique 30 min metabolic resistance workout!	BODY FUSION — 60 mins A full body combination class, experimenting with various pieces of equipment. Intensity includes cardio, resistance and stretching.
	OXIGENO A pilates / yoga hybrid that lets you move at your own pace — improve mobility & discover strength	CORE STRENGTH — 30 mins Functional abdominal, hip and back training. Suitable for all levels of fitness
AQUA — 45 mins Move your aerobic workout into the pool. Aqua aerobics uses the natural resistance of the water to give you an intense workout	ABS Focus on your core and everyone will benefit. Strengthen your middle and improve your posture with this focused workout	YOGALATES — 60 mins Functional training that is based on Pilates and Yoga and focuses on improved stabilized strength, balance and flexibility.