

# CAMPERDOWN FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am TOTAL BODY STRENGTH 45mins	5:15am X-FIT 45mins	5:15am TOTAL BODY STRENGTH 45mins	5:15am X-FIT 45mins	5:15am X-TRAINER 45mins	7:00am BOOTCAMP Meet at CAMPERDOWN PARK	8:00am X-FIT 45mins
6:00am X-TRAINER 55mins	6:00am TOTAL BODY STRENGTH 45mins	6:00am X-FIT 45mins	6:00am BOX STRENGTH 45mins	6:00am X-TRAINER 45mins	8:15am SUPER SATURDAY 75mins	8:45am BOX STRENGTH 45mins
6:00am XPRESS SPIN 30mins	6:00am SPIN 45mins	6:00am XPRESS SPIN 30mins	6:00am TOTAL BODY STRENGTH 45mins	6:00am BOXFIT 25mins	8:15am BOXFIT 45mins	9:30am SPIN 45mins
6:30am BOXFIT 25mins	6:00am BOXFIT 45mins	6:30am BOXFIT 25mins	9:30am PILATES 55mins	6:30am XPRESS SPIN 30mins	9:00am SPIN 45mins	
9:30am X-TRAINER 55mins	9:30am PILATES 55mins	9:30am X-TRAINER 55mins	10:30am BOX STRENGTH 45mins	9:30am X-TRAINER 55mins	9:00am BODYTONE 55mins	
12:15pm BOXFIT 25mins	9:30am BOX STRENGTH 55mins	5:30pm X-TRAINER 55mins	5:00pm TOTAL BODY STRENGTH 45mins	10:30am YOGA 55mins	10:00am ABS 55mins	
5:30pm BOXFIT 45mins	10:30am BODYTONE 45mins	6:30pm TOTAL BODY STRENGTH 45mins	5:30pm A.B.T 55mins	5:00pm BOXFIT 25mins	4:00pm BOX STRENGTH 45mins	
5:30pm X-TRAINER 55mins	12:15pm XPRESS SPIN 30mins	6:30pm BOX STRENGTH 45mins	5:45pm HOUR OF POWER 60mins	5:30pm XPRESS SPIN 30mins		
6:30pm PILATES 55mins	5:00pm TOTAL BODY STRENGTH 45mins	6:30pm BODYTONE 55mins	5:45pm XPRESS SPIN 30mins	5:45pm X-TRAINER 45mins		
6:30pm BOX STRENGTH 45mins	5:15pm BOXFIT 45mins	7:30pm PILATES 55mins	6:15pm BOXFIT 45mins		<b>CLASS LEGEND LOCATION</b>	
6:30pm TOTAL BODY STRENGTH 45mins	5:30pm BODYTONE 55mins		6:30pm XPRESS BODYTONE 30mins		<b>BOX STRENGTH</b>	
6:30pm SPIN 45mins	5:45pm HOUR OF POWER 60mins		7:30pm YOGA 55mins		<b>X-TRAINING FACILITY</b>	
	6:30pm BOXFIT 45mins				<b>BOXING ROOM MAIN GYM</b>	
	6:30 ABS 45mins				<b>GROUP EXERCISE ROOM MAIN GYM</b>	
	6:30pm SPIN 45mins				<b>SPIN ROOM MAIN GYM</b>	
	7:30pm YOGA 55mins					

### **A.B.T -55min class**

Split training class targeting core strength (abs) and the lower body (hips, thighs and butts) –**Designed for all levels of fitness.**

**ABS -45 minute class** -Class based on traditional abdominal exercises with Pilates based core conditioning; this class is great for toning, trimming and feeling your abs burn! –**Designed for all fitness levels.**

**BODYTONE-55min class/BODYTONE EXPRESS – 30min** This weight-based group-fitness program is performed to music using free weights-plates, barbells and an aerobic step. Participants choose their weight based on the exercise and their personal strength levels. Major muscle groups are worked via series of compound and isolation-based exercises including squats, presses and dead lifts as well as other exercises. The focus is towards muscle endurance using several repetitions. **Designed for all levels of fitness, fantastic for body sculpting & toning.**

### **BOOTCAMP – MEET at Camperdown Park (MALLETT St) – 55min class Don't forget your water.**

This program is varied & of high intensity, with a focus on cardio fitness and strength & conditioning. This class is varied and can be demanding at times. – **Designed for all levels of fitness.**

### **BOXFIT -25 min or 45 minute class**

Combination of cardio boxing and boot camp style intensive training designed to BLAST the participant into fitness. Based on boxing bags rather than focus mitts/partner work.-**Designed for all levels of fitness, although BEGINNERS should start with a 25 minute class**

**BOXING STRENGTH – 45mins class** Combination of boxing and strength training (weights) designed to push your upper body to the limit. Based on boxing bags.-**Designed for all levels of fitness.**

**CrossFit WOD –** This program is for members who seek to challenge themselves through movements such as Olympic weightlifting, Gymnastics and Body Weight movements whilst maintaining a high intensity. **Designed for beginners through to the advanced.**

**Hour of Power 60mins / Super Saturday75mins** - this **safe, atmospheric, energetic & team focused** class hosts elements of **strength** and **cardiovascular** training performed at high intensities to produce amazing benefits on the body's endurance capabilities. Benefits of this class include – **strengthen/tone body, increase energy levels & increase cardiovascular endurance & fitness levels.** Enjoy. **Designed for all levels of fitness**

**LOWER BODY STRENGTH/UPPER BODY STRENGTH- 45mins** sessions are a supervised exercise program designed to improve strength, power, build muscle and change body composition.

This is a very unique training system that incorporates a pyramid-like strength structure to obtain safe and fast results. **Designed for all levels of fitness.**

### **PILATES- 55min class**

Traditional mat Pilates (NO MACHINES) Pilates works to develop core strength focusing on the abdominals and lower back. Pilates is a system of gentle exercise performed lying down that stretches and lengthens the muscles, designed to improve posture, flexibility etc. –**Designed for all levels of fitness.**

### **SPIN - 45 mins cycle class to music / EXPRESS SPIN - 30 min class**

Indoor cycling is a form of high-intensity exercise that involves using a stationary exercise bicycle in a group exercise setting. The routines are designed to simulate terrain and situations encountered in actual bicycle rides, including hill climbs, sprints and interval training. –**Designed to improve fitness levels.**

**Team Training 45mins** – do you enjoy the challenge of completing workouts with a partner or small groups? If so, this class is for you. These classes will **motivate, excite & push you to your limits.** Utilising movements evident in **functional training** these classes will vary to include **high rep endurance** based sessions to **short high intensity intervals** to leave you **burning calories** well after. Best of all, you are not alone and will have that sense of **team building & camaraderie** to keep you going

### **X-TRAINER -55min(located in Cross-Training Facility)**

This **safe, fun & up-beat** class is designed for **all levels** of fitness from beginner's right through to elite. It combines **necessary functional movements** with **cardio fitness, strength & core exercises** to produce amazing results whilst improving your health and fitness. **Designed for all fitness levels.**

**YOGA -55 min** Flexibility and stretching class delivered with a sense of spiritual and physical well-being. Styles of Yoga at Camperdown are a combination of Hatha and Ashtanga –dynamic moving/breathing yoga as opposed to stand still and hold a pose.–**Designed for all levels of fitness.**

