

CAMPERDOWN FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am LOWER BODY STRENGTH 30mins	5:30am X-FIT BLAST 30mins	5:30am CARDIO CIRCUIT 30mins	5:30am UPPER BODY STRENGTH 30mins	5:30am X-FIT BLAST 30mins	8:15am SUPER SATURDAY 75mins	8:45am BOX STRENGTH 45mins
6:00am X-TRAINER 45mins	6:00am BOX STRENGTH 45mins	6:00am T.B.S 45mins	6:00am BOX STRENGTH 45mins	6:00am X-TRAINER 45mins	8:15am BOXFIT 45mins	9:30am SPIN 45mins
6:00am XPRESS SPIN 30mins	9:30am PILATES 55mins	6:00am XPRESS SPIN 30mins	6:15am SPIN 45mins	6:00am BOXFIT 25mins	9:00am SPIN 45mins	
6:30am BOXFIT 25mins	9:30am BOX STRENGTH 45mins	6:30am BOXFIT 25mins	9:30am BOX STRENGTH 45mins	6:30am XPRESS SPIN 30mins	9:00am BODYTONE 55mins	
9:30am X-TRAINER 45mins	10:30am BODYTONE 45mins	9:30am X-TRAINER 45mins	10:30am PILATES 55mins	9:30am X-TRAINER 45mins	10:00am ABS 55mins	
12:15pm BOXFIT 25mins	12:15pm XPRESS SPIN 30mins	5:30pm X-TRAINER 45mins	5:00pm BOX STRENGTH 45mins	10:30am YOGA 55mins	4:00pm BOX STRENGTH 45mins	
5:00pm BOXFIT 30mins	5:00pm BOXFIT 30mins	5:45pm XPRESS SPIN 30mins	5:30pm A.B.T 55mins	5:00pm BOXFIT 25mins	CLASS LEGEND LOCATION	
5:45pm X-TRAINER 45mins	5:30pm BODYTONE 55mins	6:30pm BOX STRENGTH 45mins	5:45pm X-TRAINER 45mins	5:30pm XPRESS SPIN 30mins	BOX STRENGTH Located in X-Train Facility	
6:30pm BOX STRENGTH 45mins	5:45pm BOX STRENGTH 45mins	6:30pm BODYTONE 55mins	6:15pm BOXFIT 45mins	5:45pm X-TRAINER 45mins	X-TRAINING FACILITY	
6:30pm PILATES 55mins	6:30pm X-TRAINER 45mins	7:30pm PILATES 55mins	6:30pm BODYTONE 55mins		BOX STRENGTH Located in X-Train Facility	
6:30pm SPIN 45mins	6:30 ABS 45mins		7:30pm YOGA 55mins		BOXING ROOM MAIN GYM	
	6:30pm SPIN 45mins				GROUP EXERCISE ROOM MAIN GYM	
	7:30pm YOGA 55mins				SPIN ROOM MAIN GYM	

Class Descriptions

CAMPERDOWN FITNESS

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 -45min 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.**

CARDIO CIRCUIT- 30min class This 30min total body workout is designed to work your whole body through cardio equipment and **only body weight exercises** and movement. 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 / 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.**

SUPER SATURDAY- 75mins - 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**

TOTAL BODY STRENGTH (T.B.S) 45min Class– sessions are a supervised exercise program designed to improve strength, power, build muscle and change body composition. This is a unique training system. **Designed for all levels of fitness.**

X-FIT BLAST 30mins – 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 intermediate through to the advanced. Check with Instructor**

X-TRAINER (45min) -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.**