



HEALTH & FITNESS CENTRE

MANSFIELD

GROUP FITNESS TIMETABLE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
7.45 -8.45 AM	Energise Circuit		Swiss Ball		Energise Circuit
9.15 – 10.00 AM	Lift & Laugh	Strong Nation	Cardio & Core	Strong Nation	Lift & Laugh
10.15 – 11.00 AM			Zumba Gold		
11.30 – 12.15 AM	Mature & Motivated				Mature & Motivated
5.15 – 6.00 PM			SODS		
5.30 – 6.16 PM	Boxing				

Energise Circuit	Start your day off with Huff & Puff. Two different sessions including body weight, functional strength, spin bikes & weight.
Strong Nation	Total-body workout where every move is synced to a beat. Intense cardio & toning.
Lift & Laugh	Two different sessions, short and sharp interval to boost the metabolism. BYO sense of humour.
Cardio & Core	Spins Bikes and Swiss Balls.
Swiss Ball	Challenge your core & improve your strength.
Boxing	High intensity which is great for cardio and also challenging the core, calves & arms.
SODS	A full body work out. High intensity with a cardio and weight focus.
Zumba Gold	Move to Latin music and learn choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.
Mature & Motivated	Exercises to assist with strength & mobility.