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MON-FRI: 5AM-8PM  
SAT: 7AM-3PM  
SUN: 7AM-1PM  
PUB HOL: 5AM-12PM

All classes are included in membership

# GROUP FITNESS TIMETABLE

EFFECTIVE JULY 6 2020

**XFIT IS INDOORS FOR WINTER**

## STUDIO 1

	MON	TUE	WED	THUR	FRI	SAT	SUN
5.45AM	Total Tone	Body Pump	Step Moves	XFit	Body Balance		
8.00AM	Body Pump			Pilates		7.00am XFit	7.15am Hatha Yoga
8.30AM						Body Attack	Step Moves
8.45AM	Body Pump	Sh'Bam	Body Attack	Pilates	Total Tone		
9.30AM	Body Attack	Total Tone	Body Pump	Attack/ABT	Sh'Bam	Body Pump	Body Pump
10.30AM	Body Balance	Yoga Vinyasa	Body Balance	Body Pump	Hatha Yoga	Hatha Yoga	Body Balance
5.30PM	Body Pump	XFit	Body Pump	XFit	Body Pump		
6.30PM	PowerYoga	Pilates	Yoga Yin	Yoga Vinyasa			

## STUDIO 2

	MON	TUE	WED	THUR	FRI	SAT	SUN
5.45AM		Spin/Box			Spin/Run		
7.45AM							
8.30AM						Spin	
9.30AM	Spin		Spin		Spin		
5.45PM			Spin				

## MAIN FLOOR

	MON	TUE	WED	THUR	FRI	SAT	SUN
8.45AM					Boxing		
9.30AM				Boxing			
5.30PM	Boxing						

## **ATTACK/ABT**

Just like Body Attack only with some focused energy. This class has been designed specifically for those members looking to get a strength and stamina workout with a huge focus on the Abs, Butt and Thighs.

## **BODY ATTACK**

This is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

## **BODY BALANCE**

This is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches and poses.

You are required to bring your own mat or large towel.

## **BODY PUMP**

This is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

## **BOXING**

We all know that boxers are some of the fittest athletes around. Why not come to our boxing classes and find out exactly how they train. Classes vary from week to week but the one thing to be certain of is getting a full body workout in a fun and challenging environment. You are required to bring your own boxing gloves and pads.

## **PILATES**

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

You are required to bring your own mat or large towel.

## **SH'BAM**

45 minutes long and featuring simple but seriously hot dance moves. SH'BAM is the perfect way to shape up and let out your inner star - even if dance isn't your natural thing. SH'BAM is the ultimate fun and sociable way to exercise. Invigorating music and visualisation come together to make Spinning classes both fun and effective. Regardless of how fit, flexible or co-ordinated you are, you'll get a great workout.

## **SPIN 'N' BOX**

Wanting to add some boxing pad work to your SPINNING workout? Then this class is made for you! You have the choice of staying on your bike for the entire class or add some boxing intervals to your routine.

You are required to bring your own boxing gloves and pads.

## **SPIN 'N' RUN**

Wanting to add some running to your SPINNING workout? Then this class is made for you! You have the choice of staying on your bike for the entire class or add some running intervals to your routine.

## **STEP MOVES**

This is an energising intermediate class that makes you feel liberated and alive. Using a height-adjustable step and choreographed movements on, over and around the step with progressive options.

## **TOTAL TONE**

A full body workout to tone and shape. This class is a mix up of cardiovascular and muscular endurance. Great for all levels of fitness.

## **X-FIT**

Back to basics! This class utilises body weight exercises, dumbbells and bars in a circuit to burn through calories. Check with club: Summer - Outdoors at Sorrento Surf Club. Winter - Group Fitness Studio 1.

## **YIN YOGA**

Perfect for anyone with tightness in their body. This is a restorative practice that helps us heal both our body and our mind. It allows us time to sit within ourselves, to just be still, and to notice what the body and mind are telling us.

Yin yoga increases flexibility, fosters self-love and melts away stress. You are required to bring your own mat or large towel.

## **HATHA YOGA**

Benefits the mind, body and spirit. We begin with Pranayam (breath meditation), arrive to the new, and quieten the chatter of mind. Flowing into Asana (postures) to help tone and release the tightness of sore muscles by lengthening and strengthening the whole body. You are required to bring your own mat or large towel

## **VINYASA FLOW YOGA**

A dynamic combination of breath with movement flowing between postures creating heat throughout the body. Flowing to a peak and coming full circle, allowing a great mind-body connection.

You are required to bring your own mat or large towel.

## **POWER YOGA**

A fitness-based yoga with many vigorous Vinyasa styles. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including building internal heat, increased stamina, strength and flexibility, as well as stress reduction.

You are required to bring your own mat or large towel.