

# GROUP FITNESS TIMETABLE



Commences 2nd September 2024

## Group Fitness Studio

	MON	TUE	WED	THUR	FRI	SAT	SUN
5.45AM	HIIT	Power Bar	Fusion Pilates	HIIT	Body Balance	7.00am HIIT	7.15am Hatha Yoga
7.45AM		Vinyasa Yoga					
8.30AM				8.00am Pilates		Body Attack	Step Moves
8.45AM	Total Tone	Dance	Body Attack	Pilates	Total Tone		
9.30AM	Power Bar	Total Tone	Power Bar	Attack/ABT	Dance	Power Bar	Power Bar
10.30AM	Body Balance	Vinyasa Yoga	Vinyasa Yoga	Body Balance	Hatha Yoga	Vinyasa Yoga	Body Balance
5.30PM	HIIT	Pilates	HIIT		Pilates		
6.15PM		Pilates					
6.30PM	Vinyasa Yoga		Yin Yoga	Vinyasa Yoga			

**All classes included in membership**

Monday - Friday: 5am - 8pm

Saturday - Sunday: 7am - 3pm

Public Holidays: 7am - 3pm



North Beach Shopping Centre

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## **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.**

## **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. 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 the 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.**

## **PILATES**

A **45 minute Pilates** class designed to improve 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. 45 minute session.

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

## **FUSION PILATES**

A **45 minute Pilates** fun fusion of weighted equipment and upbeat music will add a new dimension to your pilates training. Designed to improve flexibility, build strength and tone the entire body.

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

## **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 structures series of stretches and poses.

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

## **TOTAL TONE**

A full body workout to tone and shape. This class is a mix up of cardiovascular and muscular endurance.

## **HIIT**

A High intensity interval training session with a variety of body weight, cardio and strength exercises to challenge the entire body.

## **BODY ATTACK**

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

## **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.

## **POWER BAR**

This is the original barbell class that strengthens your entire body. Using light to moderate weights with high repetitions - POWER BAR gives you a total body workout.

## **DANCE**

**45 minute** session featuring simple but seriously hot dance moves. DANCE is the perfect way to shape up and let out your inner star - even if dance isn't your natural thing. DANCE is the ultimate fun and sociable way to exercise.

## **STEP MOVES**

This is an energising intermediate/advanced 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.

**Classes suitable for ALL fitness levels.**

**If you are new to a class please advise the instructor on the way in**

**Download the PEAKBODY APP for our 'live timetable' and instructors.**

