

# Group Fitness

# TIMETABLE

## GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	YOGA 45	LESMILLS BODYPUMP 45	YOGA 45		LESMILLS BODYPUMP 45		
9.00am							YOGA 60
9.15am				LESMILLS BODYPUMP 45			
9.30am	LESMILLS BODYPUMP 60		ZUMBA 60			LESMILLS BODYPUMP 60	
10.00am					PILATES 60		
10.30am	YOGA 60	PILATES 60	YOGA 60				
5.30pm		BOXING 60			<b>GROUP FITNESS POLICY</b> <ul style="list-style-type: none"> <li>For safety reasons, Instructors will refuse the entry of late comers to all classes</li> <li>Beginners or anyone with pre-existing injuries should make instructors aware of this prior to class commencement</li> <li>To be fair on those who wish to do an entire class, participants <b>MUST NOT leave MYZONE classes early</b> to attend another class.</li> </ul>		
6.00pm	LESMILLS BODYPUMP 45			BOXING 60			
6.30pm		PILATES 60	LESMILLS BODYPUMP 60				
6.45pm	YOGA 60						
7.00pm				YOGA 60			
7.30pm		ZUMBA 60	HIP HOP 60				

Hip hop will take place every second week only

## SPIN ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am			DiscoSpin 45				
8.30am						SPIN 45	
9.15am					SPIN 45		
9.30am		SPIN 45					
10.00am			SPIN 30				
6.00pm		SPIN 30	SPIN 30				

## FUNCTIONAL FITNESS ZONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15am			MYGYM CIRCUIT 45				
6.00am	SUPER CIRCUIT 45	HIIT TABATA 45		MYGYM CIRCUIT 45	SUPER CIRCUIT 45		
7.15am						MYGYM CIRCUIT 45	
8.15am						HIIT TABATA 45	
9.00am		MYGYM CIRCUIT 30					MYGYM CIRCUIT 45
9.15am			HIIT TABATA 45	HIIT TABATA 45	MYGYM CIRCUIT 60	SUPER CIRCUIT 45	
9.30am	SUPER CIRCUIT 45						
4.30pm	MYGYM CIRCUIT 45		MYGYM CIRCUIT 45				
6.00pm	SUPER CIRCUIT 45			SUPER CIRCUIT 45	MYGYM CIRCUIT 45		
6.30pm		MYGYM CIRCUIT 45	HIIT TABATA 45				
7.00pm	SUPER CIRCUIT 45						

# CLASS DESCRIPTIONS



The original barbell class that strengthens and tones your entire body using low weight loads and high repetition movements.



An intense conditioning class with focus on endurance, agility and advanced boxing combinations. This class will assist in developing skills required for boxing.



A Latin-inspired workout that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation!



An energetic cycle class that is regarded as the ultimate fat-burning workout. Feel the music pumping and be motivated by the instructor as you ride through hill climbs, sprints and flat roads.



Pilates is designed to build postural awareness and support, develop core strength, improve flexibility and to link breathing and exercise. It is ideal for people of all fitness levels, especially those recovering from injury.



A fun, high energy dance class that will get your hips swinging and booty shaking. Includes basic choreography and moves. Suitable for everyone.



Vinyasa Flow gives great attention to breathing techniques and a smooth transition in and out of different postural poses. The continual movements from one pose to another, gives an added cardiovascular benefit with consistent practice increasing muscle strength, endurance and flexibility, and reducing levels of stress.



Yin yoga is a slower paced style of yoga using poses that are held for longer periods of time. Yin yoga poses apply moderate stress to connective tissues of the body, the tendons and ligament with the aim of increasing circulation in the joints and improving flexibility.

**NOTE: Due to limited bar space, bookings for BARRE classes are required at reception prior to the class start time.**

## FUNCTIONAL FITNESS CLASSES

### MYGYM CIRCUIT

Beginner - Advanced

Multiple stations set in a circuit style ambiance. Unlike the other MYZONE classes this class is not as specific to a genre. It incorporates various strength, cardio and conditioning exercises for maximal effort and results.

### SUPER CIRCUIT

Beginner - Advanced

Using a similar circuit style format, Super Circuit is a little different in that each length of the room is specifically zoned to work on strength, conditioning, agility, and plyometric exercises. Work on 5 continuous strength stations before you move to the next 5 cardio stations and so on. Super circuit is designed for overload, fatigue and that extra burn. There are no easy stations in a Super Circuit.

### HIIT TABATA

Beginner - Advanced

One of the most popular forms of high-intensity interval training (HIIT). This class consists of various rounds of high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval period. An ideal class for both strength and conditioning.

**NOTE: Bookings for all MYZONE classes are essential and can be made at reception prior to the class. Class numbers are strictly limited to: MYZONE Circuit: 25, MYZONE Super Circuit: 20, MYZONE Tabata: 20**



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OR FIND US ON FACEBOOK

#### OPENING HOURS:

Monday to Friday	5.00am - 11.00pm
Saturday	7.00am - 8.30pm
Sunday	8.00am - 8.30pm
Public Holidays	8.00am - 4.00pm

#### CRÉCHE OPENING HOURS:

Monday to Friday	8.30am - 12.00pm
Saturday	7.45am - 11.30am