

# HOLIDAY GROUP EXERCISE TIMETABLE

10<sup>TH</sup> - 16<sup>TH</sup> JANUARY 2022

## GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6.00 – 6.45am H.I.I.T	6.00 – 6.45am BODY BLAST XP**	6.00 – 6.45am H.I.I.T	6.00 – 6.45am PUMP PLUS			
	8.30 – 9.30am LIFEFIT LOW	7.30 – 8.30am LIFEFIT RESISTANCE	7.00 - 7.45am HYPE	8.30 – 9.30am LIFEFIT LOW	7.30 – 8.30am LIFEFIT RESISTANCE	8.00 – 8.45am BUMS TUMS THIGHS	
PM				12.05 – 12.55pm BUMS TUMS THIGHS	12.05 – 1.00pm STEP INTERVALS	9.00 – 10.00am STEP INTERVALS	
	5.30 – 6.25pm STEP INTERVALS	5.30 – 6.25pm T.B.R.	5.30 – 6.25pm BODY BLAST**	5.30 – 6.25pm T.B.R.	5.30 – 6.25pm ZUMBA™**		
	6.30 – 7.30pm ZUMBA™**						6.00 – 7.00pm PUMP PLUS

## REV TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		6.00 – 6.45am REV 45		6.00 – 6.45am REV 45	6.00 – 6.45am REV 45	8.00 – 8.45am REV 45	
PM		5.45 – 6.30pm REV 45		5.45 – 6.30pm REV 45			

## YOGA TIMETABLE\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM		12.05 – 12.55pm YOGA	12.05 – 12.55pm YOGA				
				5.30 – 6.30pm YOGA			

\*Bring your own yoga mat

\*\*General access to Group Exercise room is unavailable whilst these classes are in progress.

**GROUP EXERCISE SPACE UNAVAILABLE FOR GENERAL USE WHEN CLASSES ARE ON.**

DISCOVER YOUR PLAYGROUND

[UNIREC.CO.NZ](http://unirec.co.nz)



UNIREC

## LEVEL 2 CLASS DESCRIPTIONS

### CARDIO

#### BODY BLAST

Body Blast is a challenging cross training class including a variety of strength and cardiovascular exercises using machine weights, body weight, barbells and more to target your entire body and improve your fitness.

#### BODY BLAST XP

A challenging 45 minute workout, ideal if time is tight. Body Blast is a cross training class including a variety of strength and cardiovascular exercises using machine weights, body weight, barbells and more to target your entire body and improve your fitness.

#### H.I.I.T (HIGH INTENSITY INTERVAL TRAINING)

Designed around short bursts followed by active recovery, H.I.I.T will push your body hard and is ideal for those seeking a challenge. Each interval will mix cardiovascular and resistance exercises, ensuring you burn heaps of calories, gain strength and improve fitness. Low impact options are available for all exercises.

#### LIFEFIT LOW

A basic, low impact class with upbeat music, experienced instructors and an emphasis on lifestyle, fitness and opportunities to socialise whilst you exercise. Options throughout the class will allow participants to work at their own pace. This class is ideal for easy exercisers and seniors.

#### ZUMBA FITNESS™

Music is the key ingredient to Zumba classes. The easy-to-follow routines combine steady rhythms and resistance training to sculpt the body whilst burning fat. The specific beats and tempo changes transition the workout from one strengthening / cardiovascular move to another, targeting every major muscle group in the body.

### MIND AND BODY

#### YOGA

Taught by knowledgeable instructors and suitable for beginners and intermediates, this class focuses upon developing breath control and learning basic postures, providing an ideal way to relieve the day's stress whilst lengthening and strengthening your muscles. All equipment is provided - just remember to wear clothing that won't restrict your movement.

### STEP PROGRAMMES

#### STEP COMBOS

A step class with creative choreography designed to challenge both mind and body. Combos will be developed with a variety of complexity levels. This class is best for people with some step experience.

#### SUNDAY STEP

High energy step combos followed by a short period of targeted muscle conditioning will be the usual format for this class. On occasions, the class will be an "Instructor Choice" class which may follow a different stepping style. Instructors choice classes will be advertised on the day with the stepping style included on daily timetable board.

### CONDITIONING

#### T.B.R. (TOTAL BODY RESISTANCE)

A resistance training class that targets every muscle group. Classes are full of tried-and-true classics like squats, lunges and press ups as well as many more body weight, gravity and dumbbell exercises to give you a full body workout. (Similar to Pump) Dumbbells and 5kg plate only.

#### STEP INTERVALS

A great cardio and conditioning class. Straight forward high energy step moves combined with an intense workout for one or two other muscle groups. (Similar to Stump) Steps and dumbbells only.

#### BUMS, TUMS AND THIGHS

An entire class dedicated to resistance training exercises for your abs, butt and legs utilising a wide variety of overload techniques as well as working your cardio system. This class is likely to leave your muscles quivering.

