

# UNIREC GROUP EXERCISE TIMETABLE

MAY TO JULY 2020

## GROUP EXERCISE / REV TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6-6.45am H.I.I.T	6-6.45am REV 45	6-6.45am H.I.I.T	6-6.45am B.T.T	5.50-6.50am REV 60	8.00-8.45am REV 45	
						9.00-9.55am B.L.A.T	
PM		12.05-12.50pm Circuit	12.05-12.50pm Step Athletic	12.05-12.50pm Circuit			
	5.30-6.30pm Step Athletic	5.30-6.20pm BoxFit	5.30-6.30pm Circuit	5.30-6.30pm T.B.R.	5.30-6.30pm ZUMBA		5.00-6.00pm Step Combos
		5.45-6.30pm Rev 45		5.45-6.30pm REV 45			

## YOGA TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM			12.05-12.45pm *On-line Yoga		1.05-1.55pm Yoga		
	6.00-7.00pm Yoga			5.15-6.15pm Yoga			

### ADDITIONAL INFORMATION:

- Members need to book a space for ALL Group Exercise classes through their UR Account.
- No booking is required for yoga on-line class



## CLASS DESCRIPTIONS

### CARDIO

#### B.L.A.T

A mixture of cardio conditioning and resistance training, BLAT targets the major muscle groups and provides a great fat burning workout. Designed for all fitness levels, this class consists of basic no frills movements and combinations.

#### BOX FIT

A class using boxing and martial arts movements to increase your fitness, shape your body and enhance self-confidence. Alongside kicking, punching and skipping this class includes a range of ab work to provide an intense core workout.

#### CIRCUIT

Cardio and resistance. This class will incorporate 8 to 10 cardio and resistance exercise stations targeting the cardiovascular system and major muscle groups. Minimal rest between stations and often high repetitions to create an intense workout.

#### 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.

#### 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.

### CONDITIONING

#### 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.

#### 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).

### REV INDOORCYCLING

#### REV 45

45 Minutes of energising, calorie burning pedalling to pumping music.

#### REV 60

Take REV Indoor Cycling to the max with an additional 15 minutes of intense calorie burn.

### 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 ATHLETIC

A great cardio and conditioning class. Straight forward high energy step moves combined with an intense workout for one or two other muscle groups decided by instructor. (Similar to stump) platform only.

#### 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. (Similar to step mix) Platform only.