

### **Apollo Group Fitness Timetable 2010**

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
<b>6.15am</b>	<b>BOXFIT</b>						
<b>7.00 am</b>	<b>Core Circuit</b>						
<b>9.15am</b>	<b>Power Bar</b>	<b>Cardio Combo</b>		<b>Power Bar</b>	<b>Pilates</b>		
<b>5.30pm</b>		<b>Team Up Legs*</b>					
<b>6.00pm</b>	<b>Fight Fit</b>	<b>Power Bar</b>	<b>Energy Ball</b>				
<b>7.00pm</b>		<b>Fitbumps*</b>					* Additional to current membership.  All classes are subject to minimum numbers.

#### **Box Fit**

An invigorating, challenging 45 minute class, blast away those frustrations and calories with shadow boxing, body-weight and partnered pad drills. Come and start your morning off with a KA-POW!!

#### **Power Bar**

Enjoy the benefits of weight training with an inspiring instructor for motivation. Fantastic classes to firm up get fit & target the hard to tone places.

#### **Pilates**

Core fitness, this is a great class for building strength in postural muscles. For injury prevention and postnatal restoration.

#### **Fight Fit**

A high energy fitness class for burning off calories and toxic frustrations. Includes an element of boxing. Allow 45 mins.

#### **Core Circuit**

A high energy dynamic circuit that focuses on your most important area, the CORE!

#### **Energy Ball**

Improve your core strength and more. A fun class using the support of the Swiss ball while you're working out with hand weights. See how the fit ball has evolved to target all major muscle groups.

#### **Cardio Combo**

High or low impact - your choice. This class of easy to follow moves provides you with a great cardiovascular workout whilst toning. Squeeze, pulse and tighten those problem areas into shape. Class consists of continuous isolating movement.

#### **Fitbumps\***

Booking are essential – [Karina@fitfitfit.co.nz](mailto:Karina@fitfitfit.co.nz). Specialised pregnancy programme. Combining education, strengthening, toning, cardiovascular and Pilates based exercise to provide women with optimal health during pregnancy. Fine to use post-natally.

#### **Team Up Legs'**

Guided group personal training with Bobby Kazemi. Call 021 606946 for more information.