

Apollo Group Fitness Timetable 2010

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
9.15am	Power Bar	Body Sculpt **		Power Bar	Pilates		
6.00pm		Power Bar					
6.15pm	Boot Camp Circuit		Box Fit	Power Bar **			
7.00pm		Fitbumps*					

* Additional to current membership.
All classes are subject to minimum numbers.
** Start week of 19th of July 2010

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.

Body Sculpt

A total body workout combining fat burning and muscle shaping with easy to follow exercises. Working with the right weights for you and keeping you motivated to maximise energy levels, shape, tone. Define arms, chest, back, abs, hips, thighs and buttocks.

Pilates

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

Fitbumps*

Booking are essential – 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.

Boot Camp Circuit

A medium to high impact class. Cardio and resistance exercise, working all the major muscle groups. Be prepared to be challenged, be prepared to sweat – this is a sure fire way to tone and increase fitness.

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 enjoying the all out release of the day's tensions.