





Group Fitness Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
A.M.		 9:15am	 9:45am	 9:15am	 9:15am
P.M.	 7:30pm		 7:30pm		

Bookings Essential for All Sessions!

Session	Description
	<p>REDEFINE YOUR SELF with Group Centergy®. Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. CENTRE YOUR ENERGY with Group Centergy.</p>
	<p>UNLOCK YOUR ENERGY with Group Circuit*. Maximise your strength and energy with this interactive 45-minute whole body workout. Group Circuit incorporates resistance and cardiovascular training through fun and functional activities. Work and play through this energising session as you push, pull, sweat and laugh for a stronger and fitter you. Bring your BODY TO LIFE with Group Circuit.</p>
	<p>Have FUN & GET FIT FAST with Group Tabata*. This 30-minute express workout is perfect for time poor groups and individuals. Build fitness, strength and endurance through the whole body with this high intensity, interval training. Why not bring a few work colleagues or friends? Great as a team-building exercise or to precede a guilt free coffee. So GET EXCITED about Group Tabata.</p>
	<p>MAKE A MOVE with Group Cardio*. Get your cardio fix with 30 minutes of heart pounding fitness training. Improve your fitness, agility, coordination, and strength with athletic movements that utilise the entire body. The motivating group atmosphere will help you run, jump, punch and sweat your way to your personal best! HIT THE GROUND RUNNING with Group Cardio.</p>

*Child Friendly Sessions – Children are welcome, and remain the parent/career's responsibility at all times.

Venues - Viewbank Reserve & Scout Hall, 96 Rutherford Rd, Viewbank.
 Old Shire Offices, 60 Beverley Rd, Heidelberg (Wednesday Group Centergy ONLY).

*** No training sessions from Fri 30th Oct to Tue 3rd Nov**