

all aerobics fitness for fun

Personal Training, Cardio Theatre and Free Weights

HOURS OPEN

Monday	6.15am-8.30pm
Tuesday	6.15am-8.30pm
Wednesday	6.15am-8.30pm
Thursday	6.15am-8.30pm
Friday	6.15am-7.00pm
Saturday	8.15am-2.00pm
Sunday	8.45am-12pm

T I M E T A B L E

Aerobics Studio

	6.30	8.30	9.15	10.15	10.30	11.30	12.10	1.10	4.30	5.30	6.30	7.30
Monday			XT	Y				CC	CC	BB	BAR	
Tuesday			BAR				BAR		XT	AA	Y	
Wednesday			CB	FB				XT	XT	BAR	CB	Y
Thursday			XT	BAR			CB		FB	XT	BAR	
Friday			AA	Y				Y	XT	CB		
Saturday		XT	BAR 9.30		AA	Y						
Sunday				XT 10.00								

Circuit Studio

	6.30	9.15	9.30			12.10	1.10		4.30	5.30	6.30	
Monday	C	C				C			C	C		
Tuesday							C			C		
Wednesday	C					C				C		
Thursday							C			C		
Friday	C	C				C						
Saturday			C									
Sunday		C 9.00										

Spin Studio

	6.30	9.15	10.15	11.00		12.10	1.10		4.30	5.30		6.30
Monday							SPIN			SPIN		BR
Tuesday	SPIN		SPIN			SPIN			SPIN	SPIN		
Wednesday							SPIN			SPIN		SPIN
Thursday	SPIN	SPIN				SPIN			SPIN	SPIN		
Friday						BR				SPIN		
Saturday		SPIN 8.30										
Sunday			SPIN 10.00									

Timetable effective 13/10/2008

Class Descriptions

AA = AERATTACK

Defence style exercise class.

BAR = THE BAR

Body conditioning class using barbells.

BB = BODY BLAST

A dynamic combination of Body Sculpt and Hi Low formats.

NEW BR = BRIC (New Class)

Bike, Run, Interval, Class.

C = CIRCUIT

Combination of resistance and aerobic exercise designed to increase muscle tone, improve fitness and burn body fat.

CB = CARDIO BOX

Intense cardiovascular and strength conditioning class combining boxing, the circuit and the use of the aerobic room.

CC = CARDIO CHALLENGE

A simple energetic, dynamic interval class suitable for all fitness levels.

FB = FIT BALL

Develop balance, stability and core abdominal strength with pilates based exercises on the fitball.

SPIN

A motivating group indoor cycling session designed to burn fat, improve aerobic fitness and tone legs.

XT = CROSS TRAINING

A combination of aerobics formats together on the one class.

Y = YOLATES

A combination of Yoga and Pilates - improves balance, core strength and flexibility.

t 6234 4700

f 6236 9995

www.allaerobics.com.au

Child Minding Monday to Friday 9.00am -11.30am