

**Cardio Boxing**  
 As Cardio Boxing classes require some physical contact with others, they have been temporarily suspended to help protect participants from Caronavirus. We will be running HIIT classes at the same times instead.

# CLASS TIMETABLE

Effective from Monday 16 March 2020

New classes  Express classes

		AM						PM								
		5:15	6:15	6:30	9:45	10:00	10:15	12:10	12:50	1:10	4:00	4:30	5:00	5:30	6:30	
<b>GROUP EXERCISE STUDIO</b>	Mon	HIIT		Strong Bar Express		Fit Ball Express		Strong Bar	Abs	HIIT		HIIT Express	Abs Express		HIIT	
	Tue		Boot Camp		Strong Bar Express			Zumba		Yoga			HIIT Express	Strong Bar	Mat Pilates	
	Wed	HIIT						Step		Strong Bar			Abs Express	HIIT		
	Thu		Boot Camp			Roller Express		HIIT		HIIT		Abs Express	HIIT Express		Yoga	
	Fri	HIIT		Strong Bar Express			Yoga			Yoga			HIIT Express			
	Sat		7:30 HIIT	8:30 HIIT	9:00	9:30	10:30									
	Sun				Strong Bar							Yoga				
				6:30		9:15		12:10	1:10			4:30	5:00	5:30	6:00	
<b>CIRCUIT STUDIO</b>	Mon		Circuit				Circuit						Circuit			
	Tue						Circuit INDUCTION	Circuit					Run			
	Wed		Circuit		Circuit			Circuit			Circuit Express	Circuit INDUCTION				
	Thu							Circuit						Circuit Express		
	Fri		Circuit		Circuit			Circuit	Aer Attack							
	Sat				9:00	9:30										
	Sun				Circuit											
			5:15	6:00	6:30	9:15		12:10	1:10		4:30	5:00	5:30		6:30	
<b>SPIN STUDIO</b>	Mon		Spin Express		Spin Express			Spin		Spin Express		Spin				
	Tue	Spin		Spin	Spin Express		Spin			Spin Express		Spin				
	Wed		Spin					Spin				Spin		Spin		
	Thu	Spin		Spin	Spin Express		Spin				Spin Express	Spin Express				
	Fri		Spin Express				Spin			Spin Express						
	Sat			8:30 Spin		10:00										
	Sun					Spin										
				6:30		9:00		12:10	1:10		4:30	5:30				
<b>PLATINUM CLUB</b>	Mon		Strength		Strength			Strength		Strength	Strength					
	Tue		Endurance		Endurance		Endurance			Endurance	Endurance					
	Wed		Strength		Strength			Strength			Strength					
	Thu		Endurance		Endurance		Endurance			Endurance						
	Fri		Strength		Strength			Strength			Strength					
	Sat			8:30												
	Sun			Endurance												

See our website for full class descriptions and for an up-to-date schedule of the instructors taking these classes.

## Express

Our express classes are short 30 minute variations of the full versions. They are designed to be done back-to-back with another class, so you get the benefits of two classes in the one training session. If you're short on time, or if you're running late, the express classes make it easy for you to jump in for a quick workout too. Express classes are highlighted on our timetable.

### Abs

As the name suggests, this class targets your abdominals, but it's more than that! It's a class that aims to strengthen the core muscles of your body, such as the abdominals, back, buttocks & thighs. Developing these muscles will reduce your risk of lower back problems and improve the condition of your body for all kinds of day-to-day activities. Improving these muscles will also improve your performance in any of our other classes, so this is a great class to do before or after another class on our timetable.

### Aer Attack

Step into an Aer Attack workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. This class will strengthen your legs, tone your arms, back and shoulders and it provides phenomenal core training. You will destroy calories, develop coordination, agility and speed, and feel empowered.

### Boot Camp

This is a class that is modelled on aspects of fitness training used in the military. Each training session contains a series of drills and exercise routines that are designed to challenge your physical capabilities. Each class includes a wide variety of interval training routines, including lifting or pushing objects, pulling rubber straps or ropes, body weighted exercises, plyometrics, and various types of explosive exercise routines. You could be working as part of a small team, just like you would if you were in the military. It's a great way to improve your strength and cardiovascular fitness in a team building environment.

### Cardio Boxing

This is a class that is modelled on traditional boxing-style activities. This system of training teaches you the basics of footwork, punches and defence techniques which are then used to keep you moving so your fitness is improved. This is a high intensity cardio workout, combining boxing techniques with body weight exercises, giving you the ultimate whole full-body workout.

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### Circuit

This is a fast-paced class in which you go around a "circuit" of exercise stations. It's like a game of musical chairs: Everyone begins at a station, and when the instructor yells "Time!" everyone moves to the next available station. Most circuit classes alternate an aerobic activity (like stepping, jogging or stationary cycling) with a muscle-strengthening activity (like using weight machines). Circuit classes increase your strength and aerobic fitness while burning lots of calories. It can be an intense workout, but it's completely adaptable to your abilities. Anyone can do a circuit class!

### Circuit Induction (Bookings are essential)

Our circuit induction classes are designed for first-time participants who are just getting started with their fitness program. This is a very small-group class where you will get personalised attention from one of our instructors. You'll be taken around the different workstations in our circuit room at an easy pace, without the pressure of anyone else around you. Your instructor will show you how each of the machines work and give you ideas on how to start your fitness program. Bookings are essential so we can book you in with our instructor. Find out more at our reception desk.

### Fit Ball

This is a class where you perform exercises on a large inflatable ball. The exercises challenge your muscles, helping to strengthen and build up the core muscles of your body, such as the abdominals, back, buttocks & thighs. Fit Ball classes will improve your balance

and strengthen all areas of your abdominals and back (your core), and the routines can be adapted to your individual fitness level, so they are perfect for beginners and athletes alike.

### HIIT (High Intensity Interval Training)

This workout is comprised of interval training which is done at a high intensity, which means exercises are done in short bursts. They can start slow and become faster from one exercise to another. Typically, cardio and strength training are combined to create a well-rounded high-intensity interval training workout. The general idea of this workout is to push your physical limits so your body adapts to the demands, which means your body changes and gets better over time. The short bursts of exercise make it easier for you to sustain the intensity required to generate this type of training effect. As these workouts are intense, they encourage your body to adapt quickly, which means your fitness does improve faster.

### Mat Pilates

Mat Pilates is a strengthening and lengthening form of exercise that focuses on the strength of your core muscles while also training the strength and flexibility in your arms and legs. Pilates is a mind, body, and spirit practice with benefits that include improved posture, better coordination and balance, increased lung capacity, improved concentration and focus, increased body awareness, stress management, and injury prevention. Mat work is a great choice for everyone from Pilates beginners to advanced participants because the exercises not only build in difficulty, but every exercise can be modified to decrease or increase the level of challenge.

### Platinum Club (Bookings are essential)

Our Platinum Club offers small group training sessions with one of our qualified Personal Trainers. Each session will challenge your fitness from the very first session, building your cardio, strength and endurance levels. Your Personal Trainers will help motivate you and tailor your training program to suit your goals. The motivating, team environment fostered in these small groups provides the most effective and fun workout you will experience. Results guaranteed! Bookings are essential so our trainers can effectively plan your sessions. Find out more at our reception desk.

### Roller

The most overlooked component of the development of fitness and injury prevention is the quality of the soft-tissue in your body. Preparation of your muscles for a workout, the treatment of day-to-day stiffness and the speeding up of your recovery after a hard workout can be achieved using a foam roller. Foam roller classes are based on the fact that loosening up the connective tissues increases muscle flexibility, which often reduces pain. They include a wide range of exercise routines that are done using a cylinder shaped foam roller.

### Run

Welcome to our very own run club! This is a group running session aimed to enhance your technique, fitness and performance using different running drills. If you like running, or if you want to get better at running, then this is the class for you. You'll be put through your paces while running through the streets of Hobart and through the recreation areas that are close to our fitness centre. Each class will include individual challenges such as climbing hills, speed intervals and longer endurance drills. This is not a race, so you will be working at your own level and within your own ability. Run classes are an outdoor training session which are done as a group, so you'll be running with other like-minded people in a social environment and you'll be under the watchful eye of your very own running coach.

### Spin

Spin classes are done on a stationary bike in a social group situation. They are our most popular type of class - and it's easy to see why because a single class can burn anywhere from 600-1000 calories, depending on the intensity of the class and the amount that you push yourself. Each class includes a combination of fast-paced cycling routines, often based on interval-style training, and they aim to simulate riding a road bike in the great outdoors (e.g. grinding up steep hills or racing on flat roads). Even though you are in a class situation, each workout is purely an individual experience because you exercise at your own pace. Our instructors will motivate you to work hard, but you train within your own abilities and you can adjust your bike accordingly, which ultimately controls the intensity of your workout.

### Step

Step aerobics is a classic cardio workout that has stood the test of time from the days of the good-old aerobics classes. It has lasted for decades for one simple reason: It delivers results. The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. This is an exercise class that is done to upbeat music. Our instructor will lead you through choreographed routines that are designed to push your athletic abilities. Each class starts with a warm-up, followed by choreographed routines on the step, and a cool-down at the end.

### Strong Bar

This is a strength-style class that is done using a barbell and weight plates, giving you a total body workout using weighted resistance. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. These classes are designed to get you lean, toned and fit. While you can expect to burn up to 560 calories during a 50 minute workout, it's the building of lean muscle mass that provides the long-term benefits. By building lean muscle mass you increase your body's ability to effectively burn calories in the long term as the extra muscle will raise your metabolism. You'll end up burning more calories while you sleep!

### Yoga

Yoga cultivates health and wellbeing (physical, emotional, mental and social) through the regular practice of a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self-inquiry and meditation. This is a class that will develop your mind and body by using a range of exercises that will improve your strength, flexibility and self awareness.

### Zumba

This is a Latin-inspired dance workout. The high-energy classes are set to upbeat music and feature choreographed dance moves that you might see in a nightclub. Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. You don't need to be a great dancer to feel welcome in a Zumba class. With the tagline, "Ditch the Workout, Join the Party," the classes emphasise moving to the music and having a good time, no rhythm required. Come and join our calorie-burning dance fitness party!

See our website for full class descriptions and for an up-to-date schedule of the instructors taking these classes.

[www.allaerobics.com.au](http://www.allaerobics.com.au) | Phone: 03 6231 6547