













DECEPTION BAY GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45AM			 BOXING			
9.00AM						 STARTS 5 TH NOV
9.30AM	 CROSS TRAINING		 PILATES		 STEP AEROBICS	
6.30PM	 CIRCUIT BREAKER	TABATA   BOXING ALTERNATE WEEKS				

AQUA - An aquatic class which caters for all levels. Differing classes with different combinations of equipment and circuits provides a great variety. An excellent cardiovascular and strength workout. Excellent for improving flexibility, weight loss and fat burning.

BOXING - An aerobic and strength class that utilizes the intense cardio conditioning that comes from boxing. With instructions on technique, anyone from any skill level can participate. It's a great way to relieve stress and increase your hand-eye coordination.

BOOTCAMP - This is a Boot Camp inspired outdoor class. If you are ready to be pushed and challenged in any way imaginable and possibly ways you could never imagine then come along to this class.

CROSS TRAINING – Cross training is a little bit of everything in the one class never get bored and work at a high intensity. Combining a mixture of aerobics, step, Fitball, weights and core work to give a great moderate to high intensity workout without the high impact. A great full body workout!

CIRCUIT BREAKER - Similar to cross training but more of a weights-based circuit class using heavier weights transitioning into a mixture of cardio, body weights exercises and abdominal exercises. You will be guaranteed a full body fat burning workout each and every time.

PILATES - Pilates focuses on improving flexibility and strength for the overall body. Utilising stabilisation of deep abdominal muscles, Pilates are a series of controlled movements to engage one's body and mind.

TABATA – Tabata is high-intensity training that produces remarkable results in both aerobic and anaerobic capacity. A Tabata workout is an interval training cycle of maximum intensity exercise for 20 sec, followed by a 10 sec rest, repeated 8 times for 8 different exercises. This high-intensity intermittent training helps you produce maximum results in minimum time.

ZUMBA - Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating.

AQUA ZUMBA - Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

