



FITNESS@THEHUB

GROUP FITNESS TIMETABLE



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:45 am						Total Body 45 mins	
9.15 am	Extreme TBT	Step	Hub Tone	Body Attack	Body Pump		
9.30 am						Body Attack 45 mins	
10.15 am	Body Attack	Body Pump	Body Balance	Punch	Step	Body Balance	
11.15 am	Fit 4 Life	Strength 4 Life	Fit 4 Life	Strength 4 Life			
6:15 pm 45 mins		Step	Punch				
6.30 pm	Body PUMP			Body Jam One Thursday a month			
7.00 pm		Body Balance	Body Balance				

**Denotes a 45-minute class. Please note instructors and classes may change without notice.*

CLASS DESCRIPTIONS

fitness@thehub brings you the best of group fitness!!

- Extreme TBT:* Tone up the thighs, buttocks and tummy in this easy to follow low impact session. May involve the use of equipment and includes floor exercises for the abs.
- Step:* Step involves using a platform to step up and down on as you move to fantastic music. Step is fun, energetic and great for calorie burning. Great for toning the butt and thighs too!!
- Body Pump:* Billed as “the fastest way in the universe to get the body you want”, BODYPUMP is a “must-do” class. It features fully adjustable barbell weights and simple moves that are all performed on the spot. Great for those with no coordination!!
- Body Attack:* Features easy to follow moves and great music for a high-energy class. There are low and high impact options so that everyone can enjoy this motivating session. If calorie burning is what you are after, then this is the class for you!!
- Hub Tone:* A total workout for cardiovascular fitness, as well as toning exercise for all muscle groups. A variety of different equipment and easy to follow moves makes this a class for all fitness levels.
- Body Balance:* This beautiful class is based on yoga, tai-chi and pilates to help you achieve greater flexibility and strength. With plenty of options, body balance is for all levels. Including relaxation, it is a wonderful tonic for stress.
- Strength 4 Life:* This programs will not only help you increase your strength, fitness and flexibility, you may increase your agility, balance, posture and bone density, lose weight and find a new spring in your step. A COTA (Council Of The Aging) accredited session in the gym specifically for the over 50’s.
- Punch:* Jess takes a mean martial arts based class similar to Body Combat. Join Jess to punch out that stress from the middle of the week. This is a high energy cardio class that will get the blood pumping..
- Body Jam:* A funky dance class designed to get you moving, burning calories and having fun.
- Fit 4 Life* An ideal class for our more mature participants which is simply a low impact option designed to get you active.