

# Hero Club Timetable

•Times & classes may vary



•All classes run for 45 minutes

	MON	TUES	WED	THURS	FRI	SAT
9:00am			<b>DANCEHEROES</b> 9am to 9.30am Rach B			
4:00pm	<b>COSMICCARDIO</b> Linda	<b>BATTLEHEROES</b> Linda	<b>VILLIANATTACK</b> Linda	<b>WONDERCARDIO</b> Linda		



## COSMICCARDIO

A varied workout for all young Heroes. A circuit style cardio blast with different stations, and quick changes to keep your hero senses ready for action!

**Status Level: MINIHERO, SUPERFIT, MAXIMUM MUSCLE**



## DANCEHEROES

A fun choreographed dance class teaching you all the moves to get you out of tight situations! Participants work towards different hero dance levels as their skills develop.

**Status Level: ELASTICCHILD, WONDERKID, MINIHERO**



## VILLIANATTACK

45 Minutes of adrenalin pumping fun. Punch it on the boxing bag, learn some boxing moves, and send your heart pumping, with cardio training. This class will have you in Super Hero shape!

**Status Level: MINIHERO, SUPERFIT, MAXIMUM MUSCLE**



## BATTLEHEROES

The Pre -Villain Attack workout, aimed at younger Heroes

**Status Level: WONDERKID**



## WONDERCARDIO

The Pre -Cosmic Cardio workout, aimed at younger Heroes

**Status Level: WONDERKID**

### HERO STATUSES:

\* Timetable may vary depending on instructor availability & member feedback

**ELASTICCHILD**  
(Ages 2-6)

**WONDERKID**  
(Ages 4-8)

**MINIHERO**  
(Ages 6 -10)

**SUPERFIT**  
(Ages 8 -12)

**MAXIMUM MUSCLE**  
(Ages 12-14)

**T 3287 3344**

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Normal Costs - \$5.50 casual 45min class  
\$4.00 casual 30min class  
\$45 for 10 Visit Pass

www.gohealthclubs.com.au