

Hero Club Timetable

•Times & classes may vary



•All classes run for 45 minutes

FREE FOR FOUNDATION MEMBERS!

	MON	TUES	WED	THURS	FRI	SAT
9:30am		HEROES101				
10:30am						DANCEHEROES
4:30pm	BATTLEHEROES	COSMICCARDIO	VILLIANATTACK	GALAXYSPIN Galaxy Spin		



HEROES101

Ages 2 to 6. A class to shape the fitness heroes tomorrow! A focus on ball skills, circuit training and developing motor skills through variety of fun, interactive and team activities.
Status Level: ELASTICCHILD



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



WONDERCARDIO

The pre-Cosmic Cardio workout, aimed at younger Heroes.
Status Level: WONDERKID (Coming to Stage 3 Launch in April 2010)



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



GALAXYSPIN

A high intensity cardio spin cycle class that will focus on leg power, mental toughness and endurance. A 30minute class not for the faint hearted!
Status Level: SUPERFIT and MAXIMUM MUSCLE . Height Restrictions Apply.



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.
Dance Heroes = **MINIHERO, SUPERFIT, MAXIMUM MUSCLE** Mini-heroes = **WONDERKID**

HERO STATUSES:

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

ELASTICCHILD
(Ages 2-6)

WONDERKID
(Ages 4-8)

MINIHERO
(Ages 6 -10)

SUPERFIT
(Ages 8 -12)

MAXIMUM MUSCLE
(Ages 12-14)

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Normal Costs - \$5.50 casual - \$45 for 10 Visit Pass
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