

Virginia Group Fitness

Winter Time Table

As of 19TH July 2010

May be subject to change



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5.45am			*Paula	*Chris			
6.00am	*Dave	*Melita		*Dave	*Kristen		
8am						*Dave	
9am	Nat	Esther	*Start 9.15am Shannon	Karine	*Shannon	Nat *Dave	
10am	Mark		Lorna	Sunday			
4pm	**Sonja		**Sonja				
5:30pm	*Shannon Allison	*Paula Karine	Tanya P	Melita *Gary	ENDURO Paula Mark		
6:30pm	Shannon	*Bec Kylie	Susan	Hayley	Kylie	*45 minute format **30 minute format	

CLASS DESCRIPTIONS

	Combining the many beneficial aspects of Yoga, Tai Chi and Pilates. Set to inspiring and uplifting music		Non-stop, high energy, cardio boxing circuit class
	The benefits of weight training using adjustable barbells to great music. The fastest way to get into shape!		Great music inspires you through a range of riding terrains enacted through the use of resistance & variable speed
	An uplifting and energising class, using an adjustable step platform with simple choreography. A great cardio and lower body workout.		Emphasises balanced development through core strength, flexibility, & awareness to support efficient movement
	This fiercely energetic program is inspired by martial arts & draws from an array of disciplines such as Karate, boxing, Taekwondo, Tai Chi		Yoga will tone & stretch the muscles as well as provide spiritual enlightenment.
	RPM™ is a cycling class where you ride the equivalent of 20-25 km of varied terrain, controlling the intensity of your workout with a resistance lever.		Ladies only circuit training classes combining strength and conditioning. Low coordination required. Great way to get started or to improve your technique.
	Opening Hours: Mon - Wed 5.30am - 9pm, Thur 5.30am-8.30pm, Fri 5.30am-8pm, Sat 7.30am-4.30pm, Sun 8am-2pm Crèche: Mornings: Mon - Fri, 8.00-11.00am, Sat 7:30am - 10:30am Afternoons/Evenings: Monday - Wednesday: 5.00-7.45pm		The Zumba Fitness-Party is a one-of-a-kind, Latin-inspired, dance fitness workout set to sexy, high energy Latin and int'national music.