


Hero Club Timetable

Timetable valid from June 1, 2009



GO HEALTH CLUBS

fitness for everyone

	MON	TUES	WED	THURS	FRI	SAT
9:30am			 HEROES101			
10:00am						
4pm		 SUPERPUMP	 VILLIANATTACK	 COSMICCARDIO		



HEROES101

Ages 2 to 5. 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. Reach your 5 goals to move onto the next level!



COSMICCARDIO

45 Minutes of adrenalin pumping fun. Punch it on the boxing bag, power on the rower or go crazy on the cosmic bike. An exhilarating cardio workout matched to awesome music!



VILLIANATTACK

A class for 5-12 year olds. A high intensity cardio workout with a varied range of movements all performed to music. Routine changes every 6 weeks, achieve your 5 goals and move higher up the hero club!



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!
8+ years and older.



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. This is a combined ages class – will be subject to class numbers and ages.



SUPERPUMP

A 45-minute class designed to help shape the budding weightlifters of tomorrow. Based on the super popular BODYPUMP classes – SUPERPUMP will definitely be a hit with the "maximum muscle" heroes of tomorrow!

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