

# Hero Club Timetable

Timetable valid from October 6, 2009



## Now catering to 4 to 6 year olds

	MON	TUES	WED	THURS	FRI	SAT
9:30am			HEROES101			
10:15am						DANCEHEROES
4.00pm				WONDERCARDIO		
4:00pm	COSMICCARDIO	BATTLEHEROES	VILLIANATTACK	GALAXYSPIN		



### 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**



### 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 45 minute 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. **Status Level: WONDERKID , MINIHERO & SUPERFIT**

## HERO STATUSES:

**ELASTICCHILD**  
(Ages 2-6)

**WONDERKID**  
(Ages 4-8)

**MINIHERO**  
(Ages 6 -10)

**SUPERFIT**  
(Ages 8 -12)

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

Booking essential

# T 3287 3344

77 George St Beenleigh  
E: gokids@gohealthclubs.com.au

Costs - \$5.50 casual - \$45 for 10 Visit Pass  
W: www.gohealthclubs.com.au