

TRAINING ZONE TIMETABLE

Edition 3

Launching Monday April 1



Our training zone features Australia's largest athletic bridge allowing us to run more than 20 extra classes a week, accessible to all Health Club members as part of our existing membership.

Classes include 30 minute TRX as well as 45 minute HITT sessions and our specialised strength and conditioning program.

THE TRAINING ZONE							
	MON	TUE	WED	THU	FRI	SAT	SUN
5.50AM	STRENGTH & CONDITIONING	HITT	STRENGTH & CONDITIONING	HITT	STRENGTH & CONDITIONING		
7.30AM						HITT	
8.30AM						STRENGTH & CONDITIONING	STRENGTH & CONDITIONING
9.30AM	STRENGTH & CONDITIONING	TRX	STRENGTH & CONDITIONING	CIRCUIT BOX	HITT		HITT
6PM	HITT		HITT				
6.45PM		STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING			

CLASS DESCRIPTIONS:

HITT classes will rotate through the following programming:

CLASSIC — 45 second intervals of functional strength and cardio team training.

POWER — Varied intervals of functional cardio and power training to increase performance.

EVEREST — Functional pyramid training intervals to conquer the workout mountain.

ENDURO — Longer work periods of varied functional cardio and strength training to get the maximum out of yourself.

**Classes are 45 minutes.*

STRENGTH AND CONDITIONING

Designed for participants interested in more progressive functional strength and conditioning training. Sessions follow scientific training principles that will deliver results. Sessions will help improve technique, increase strength and help to change body composition. Your coaches will take you through movements like squats, presses and deadlifts, focusing on correct technique and biomechanics to help you train safely and effectively.

**Classes are 45 minutes.*

TRX

Combining the benefits of TRX suspension training with functional exercises, these classes will improve core strength, balance and stability and really challenge your workout.

**Classes are 30 minutes.*

CIRCUIT BOX 45

Combining boxing drills with the specialised boxing equipment on the gym floor to get you fit fast.

**Classes are 45 minutes and held on the gym floor.*

Members will also be able to track their workouts during and after classes through *MyWellness* with wearables such as heart rate monitors and our live fitness tracking system, *Team Beats*. Heart Rate monitors are available for purchase or you can bring your own, just ask our friendly staff to help you get set up.