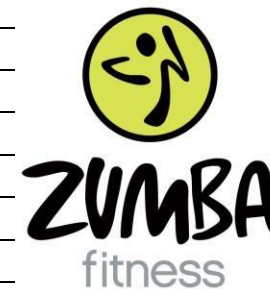


Bishopdale Group Exercise Timetable



Bishopdale Group Fitness Class Timetable Updated 23/4/12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am			Bootcamp challenge		Bootcamp challenge	
6.30am	Spin				Flow Yoga	
9.00 am						Circuit
9.00am						Spin
9.00 am				Pilates		Step
9.15 am					Spin	
9.30 am						
9.30 am	Step/P	Low Impact Step		BT		
10.00am	Pilates				Pump	Pump
10.30am	Zumba	TBT				
10.45am			Flow Yoga			
12.10pm	Spin		Spin		Spin	
5.00 pm	Spin		Spin			
5.30 pm	Flow Yoga			Pump		
5.30 pm						
6.00 pm	Step	Pump	Step	Yoga		
6.00 pm	Spin	Spin	Spin	Spin		
6.00 pm	Circuit	Boxing circuit		Circuit		
6.30 pm	Pilates		Circuit			
7.10 pm	Zumba		Zumba			



Class Descriptions

Step: Increase your fitness and burn body fat without complicated routines.

Pump: A great all over workout for muscle strength and tone, using barbells and weights.

Spin: The ultimate indoor cycling class, awesome for cardiovascular fitness and weight loss.

Pilates*: The mind + body work together to promote core, strength, flexibility and postural strength. Completion of a Beginners Course is essential.

Circuit: A series of stations designed to improve overall strength and stamina in this action filled class. Suitable for all fitness levels.

Boxing Circuit: Boxing style Circuit class, with drills and skills.

Zumba: fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout designed to be FUN and EASY TO DO!

Bootcamp challenge: designed to build strength & fitness through a variety of intense group intervals

What to bring

- **A towel** to cover equipment while exercising.
- **Drink Bottle** (Fountains are provided).
- **Clean and appropriate clothing and footwear** that you feel comfortable exercising in.
- Please inform your instructor prior to the class commencing if you are new to exercising, or have any medical conditions or injuries.
- **Warm up**, for your own safety, no one will be admitted to classes after the warm up has finished.
- All staff are registered exercise professionals.



Spin Classes

- Due to the set number of bikes available bookings are required for Spin classes.
- Bookings can be placed at reception, phone 359-8320.
- Bookings are a commitment to show up.
- At least 2 hours notice is required when cancelling classes.
- Booking sheets come out on Mondays, one week in advance.
- Failure to show up or cancel bookings will mean future bookings are not accepted, without payment for missed classes.
- Please leave your phone number if you are on a waiting list.
- New participants should arrive at least 10 minutes early, this allows the instructor time to help you get set up.
- Changing pedals is not permitted.



Programme Costs

Programme Costs

Pump, Circuits, Yoga & Pilates

Members	Free
Non member casual	\$10.00
Student Non member casual	\$8.00
Non member 10 concession	\$75
Non member 20 concession	\$140

Spin

Members	\$4.50
Non member casual	\$11.00
Non member 10 concession	\$95.00
Member 10 concession	\$45.00
Contract classes	\$98.00

Zumba

Members	\$4.00
Student	\$8.00
Non member casual	\$10.00
Member 10 concession	\$45.00
Non member 10 concession	\$75.00



Refunds

No Refunds on concession cards or replacement of lost or unused visits on concession cards