




City Y Group Exercise Timetable

Updated 02/4/12

City Group Fitness Class Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							SPINNING
6.15 am			Boot Camp				
6.30 am		Spin		Spin			
7.00 am							
9.00 am						Circuit	
9.00 am						Spin	
11.00am				EZ Circuit			
12.10pm		Box Circuit		Box Circuit			
12.10pm	Spin		Spin		Spin		
5.30 pm			Yoga				
5.30 pm	Spin	Spin	Spin+	Spin			
5.45 pm	Box Circuit	Circuit	Bootcamp				
6.30pm	Pilates						

Notices

Note new Bootcamp started on Wednesday night 5.45pm.

Get into it!!

Class Descriptions

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.

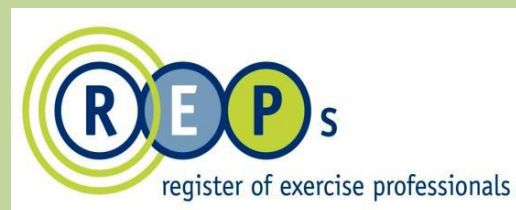
Boxing Circuit: Boxing style Circuit class, with drills and skills.

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

Boot Camp: Outdoor interval training class. Work hard Play harder.

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 366-0689.
- Bookings are a commitment to show up.
- At least 2 hours notice is required when canceling 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

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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