

ABS XPRESS 15 minute abdominal class.

ROLL & RELEASE 15 minute foam roller class. A series of exercises and release techniques to get you warm or post workout recovery.

BLITZ This 40 minute circuit program will fire you up! It's you against the clock as you move through stations that challenge your strength, stamina and cardiovascular system. If your short on time and need a total body workout, this is for you!

BODYATTACK This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Build speed, endurance, stamina, coordination, agility and overall fitness to improve your fitness and lifestyle.

BODYPUMP The original LES MILLS barbell class will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BOX Boxing reins supreme as one of the best all-round workouts, incorporating strength, conditioning, coordination and stamina. Plus, it's FUN! Inner gloves and wrist wraps are recommended (available from reception).

CORE Forget sit-ups, this is the ultimate abs class. Your instructor will be focusing on functional core exercises to improve tone, strength and mobility in your abdominal and back muscles. 30 minute class.

H.I.T. (HIGH INTENSITY TRAINING) An intense fitness class utilising a variety of techniques and equipment, involving sports drills and more. The ultimate in body conditioning. HIT.30 is 30min.

MMA FIT is a unique and addictive full body workout based on a non contact combative concept. A combination of mixed martial arts moves and fitness drills using mits and kick shield, get ready for muscle burn and an elevated heart rate to build functional strength, speed and endurance.

PILATES Traditional matwork exercises focusing on body conditioning and postural alignment for strong core and stabilising muscles. All levels.

REVIVE This class is designed for over 55's to improve overall fitness with an emphasis on cardiovascular fitness, muscle strength, balance and mobility.

SPIN Bringing the outdoor elements into our indoor cycling studio. Benefits include aerobic fitness, calorie burn, lower body strength and tone. Suitable for all fitness levels! 45 min. SPIN XPRESS is 30min

SUPER CROSS Where no two workouts are ever the same, this ultimate fitness class incorporates resistance and conditioning drills in structured sets against time.

TABATA Need a short yet effective workout? Use your body weight and small props to plow through four-minute rounds of 20 seconds work with 10 seconds rest. Scientifically proven to get you results. 30 minute class.

YIN YOGA Improve flexibility and energy flow in this passive class which focuses on the fascia and connective tissue in long held postures, stimulating the body meridians and preparing you for restoration.

C-Life Health Club strongly recommends that you do not miss your class warm up or cool down and will not allow entry after the warmup is completed. For your own comfort please take a water bottle and towel to class. If you are pregnant or suffer from an injury or ailment we strongly recommend that you consult your health care professional before attending to determine if the class you will attend is safe and suitable for your condition. Please advise your instructor before participating if it is your first class or if you have a health condition.

OUR FACILITY IS OPEN 24/7!

STAFFED HOURS

Mon - Thurs	6am - 10pm
Friday	6am - 9pm
Sat & Sun	8am - 5pm
Public Holidays	8am - 5pm

CRECHE HOURS

Mon - Fri	9am - 12pm
Wednesday evening	4.30pm - 7.30pm
Saturday	8am - 11.30am



**C LIFE HEALTH CLUB
CANTERBURY LEAGUE CLUB**

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GROUP FITNESS TIMETABLE AUTUMN 2017

GET FIT. STRONG. FAST. FLEXIBLE



Group Fitness Autumn 2017

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WEEK DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05AM	BLITZ	MAXX FIT	HIT	PILATES	LES MILLS BODYPUMP™	SUPER CROSS	
6.30AM	SPIN XPRESS			TABATA	SPIN XPRESS	BOX	8.30am SPIN XPRESS
8.30AM	REVIVE						9.00am HIT.30
9.10AM	ABS XPRESS	ABS XPRESS	ABS XPRESS	ABS XPRESS	ABS XPRESS	YOGA	
	LES MILLS BODYATTACK™	MAXX FIT	LES MILLS BODYPUMP™	MAXX FIT	LES MILLS BODYPUMP™	SPIN	
9.30AM	REVIVE	BLITZ	REVIVE	LES MILLS BODYATTACK™	YOGA		YOGA
	SPIN		SPIN		SPIN		
10.00AM		SPIN XPRESS					
10.30AM	LES MILLS BODYPUMP™	PILATES	HIT.30	PILATES	REVIVE		
5.30PM	BOX	SUPER CROSS	LES MILLS BODYPUMP™	MAXX FIT	LES MILLS BODYPUMP™		
	CORE	BLITZ	CORE	ZUMBA			
6.00PM	SPIN XPRESS		SPIN XPRESS				
	LES MILLS BODYPUMP™	LES MILLS BODYATTACK™	HIT	LES MILLS BODYPUMP™			
6.30PM	BLITZ	YOGA	PILATES	TABATA	SPIN		
	SPIN	SPIN					
	HIT	BOX	LES MILLS BODYPUMP™	BOX			
7.30PM	YOGA	PILATES	BLITZ	YOGA			
	SPIN XPRESS						

Studio Key:

- Row 1 - Studio 1 (upstairs)
- Row 2 - Studio 2 (downstairs)
- All Spin - Studio 3

Please ensure you arrive on time to participate in the class warm up. Instructors reserve the right to refuse entry if the warm up is missed for the safety of participants.