



FITNESS CLASS TIMETABLE
COMMENCES TUESDAY 31ST JANUARY 2012

FIRST CLASS FREE! FREE CRECHE AVAILABLE 9.15am
CLASSES

AT: PCYC YOUTH AVENUE, NAMBOUR

MONDAY, WEDNESDAY AND FRIDAY 6.30am – BoxFit (*In the boxing gym with our Golden Gloves Boxing coach Steve Moody*)

Classes with Karyn Weepers Fitness Professional:

TUESDAY 9.15am – Cardio and Core – *Get your heart rate high and your core strength up*

TUESDAY 10.15am – Pilates Combo - *A class incorporating pilates, yoga poses, core strength, balance, stretching and relaxation*

THURSDAY 9.15am – Total Body A *collaboration of cardio and resistance training*

THURSDAY 10.15am – Lite Pace – *For those new to fitness or mature age*