



www.youngtownfitness.com.au

### Class Timetable as of May 2010

	6:00am	6:15am	8:15am	9:30am	5:30pm	5:45pm	6:15pm	7:00pm	7:30pm
MONDAY						Spin		Boxing	
TUESDAY	Running Group	Spin			Circuit			Women's Kickfit	Maui/Thai
WEDNESDAY		Circuit		Low Impact	Pilates			Boxing	
THURSDAY	Running Group	Cardio-Box		Hoola Hoops	Spin		Cardio-Box		Maui/Thai
FRIDAY		Spin			Boxing				
SATURDAY			Kettle Bell						
SUNDAY				Boxing					

**Cardio-Box:**

Full cardio and abdominal workout using correct boxing techniques

**Spin:**

Spinning is an aerobic exercise that takes place on a specially designed bike. As you pedal, motivating music plays. It is a low impact but high intensity workout. Suitable for all ages and fitness levels.

**Circuit:**

Moving from station to station, involving all muscle groups aimed to increase fitness, strength and power.

**Low Impact:**

Easy and gentle aerobic moves with a mix of cardio, resistance training and abdominal work.

**Hoola Hoops:**

Hooping works the waist and thighs and tones the abs. It is a good cardiovascular workout that helps balance and co-ordination.

**Pilates:**

This program focuses on the core postural muscles which help keep the body balanced. Pilates exercises teach awareness of breath and alignment of the spine, and the aim to strengthen the powerhouse muscles; abs, lower back, thighs and butts.

**Boxing:**

Technical tactical training.

**Maui/Thai:**

Technical tactical training.

**Kettle Bell:**

Ideal for people who want to burn fat, increase flexibility, agility and mobility. Kettle bell training is different from normal weight training as it focuses on the body's natural movements working the entire body as a complete unit. Moves can include swings, snatches and jerks.

**Women's Kickfit:**

A great cardio and fat burning class designed for women.

For more information on the great facilities and memberships options contact the team at

**Youngtown Health & Fitness** on 6343 2015 or [fitnessoptions@bigpond.com](mailto:fitnessoptions@bigpond.com)

**OPEN**

Monday - Thursday

6:00am - 8:30pm

Friday

6:00am - 7:00pm

Saturday - Sunday

7:00am - 1:00pm

Public Holiday

7:00am-1:00pm

**www.youngtownfitness.com.au**

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