

RE-CREATION BRIGHTON EAST TIMETABLE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am		◆SPIN 45 (Jason)	□BODY PUMP (Terry)	E-GLIDE (Steve)	◆SPIN & ABS (Karen M)		
6.45am				BOX CIRCUIT (Steve)			
7.00am		E-GLIDE (Jason)					
8.00am						□STEP MOVES (Andrew M) ★BOXFIT (Jason)	
8.30am	□Sh'BAM (Jude) ◆SPIN (Sassy)		□FITBALL (Victoria)	E-GLIDE (Bern)	□BODY PUMP (Jan)		
9.00am		E-GLIDE (Jo)		□WASHBOARD ABS (Jo)		★MVe (Fiona) ◆SPIN 45 (Jason) □POWER CIRCUIT (Ben)	E-GLIDE (Steve/Karen G)
9.15am		★MVe (Fiona)					
9.30am	□CROSS TRAINING (Marietta)	□ZUMBA (Glenys) ◆SPIN (Andrew T) POWER CIRCUIT (Jo)	□CROSS TRAINING (Andrew B) ◆SPIN 45 (Lea) ★MVe (Victoria)	□BODY PUMP (Jan) ◆SPIN 45 (Joanne R)	□AEROMIX (Andrew M) ◆SPIN 45 (Jan)		□BODY PUMP (Jan/Kyleigh)
10.00am						★TRX TRAINING □BODY PUMP (Fiona)	
10.15am		★TRX TRAINING (Andrew T)					
10.30am	□PILATES (Karen M)	□BODY PUMP (Fiona)	★YOGA (Merryl)	□PILATES MAT (Bertram)	□WASHBOARD ABS (Jenny)		□ZUMBA TONING (Glenys) ◆SPIN (Jan/Kyleigh)
11.00am						□ZUMBA (Noriko) ★PILATES (Fiona)	
11.30am							★YOGA (Merryl)
5.30pm	□SKIP N SCULPT (Jan) 45 mins ★MVe (Pia)	□ZUMBA EXPRESS (Nat)	□BODY PUMP (Mandy)	□ZUMBA (Joelle)			
5.45pm	E-GLIDE (Jenny)		★MAT PILATES (Kate)				
6.00pm				E-GLIDE (Jenny)	□ZUMBA (Ashla)		
6.15pm	◆SPIN 45 (Jan)	□BODY PUMP (Jan) ★BOXFIT (Jean-Claude)	◆SPIN 45 (Jason)	◆SPIN 45 (Lourene)			
6.30pm	□AEROMIX (Andrew M)	◆SPIN 45 (Gina)	□STEP ATHLETIC (Andrew B)	□BODY PUMP (Terry) ★WASHBOARD ABS (Jenny)			
6.45pm	★WASHBOARD ABS (Johnny)		★TRX TRAINING (Johnny)				
7.00pm			E-GLIDE (Steve)				
7.15pm	★SomaChi YOGA (Linda)	★YOGA BASED PILATES (Eleni)	★BOX MAX (Jan) 60 mins				
7.30pm	□BODY PUMP (Noriko)	□Sh'BAM (Norita)	□ZUMBA (Joelle)	□VINYASA FLOW YOGA (Connie)			

◆SPIN ROOM
□STUDIO 1
★STUDIO 2

Instructors indicated are permanent but can be subject to change due to illness etc.

CLASS DESCRIPTIONS

AEROMIX	A medium to high intensity class with choreography combining Hi/Lo & Step. Athletic moves and dance influenced choreography provide you with a fast, fun and challenging class. It may take some time to master the moves and routines taught. Intermediate to advanced level.
BOXFIT	A high intensity boxing circuit class that won't make you a World Champion but you'll feel like one. Great for tone and overall conditioning. Members must bring their own boxing glove liners for hygiene purposes. An excellent workout for all fitness levels.
CROSS TRAINING	Freestyle aerobics class designed to strengthen and tone the body and improve the cardiovascular system. Suitable for all levels.
E-GLIDE	A fast paced, half hour session on specially designed elliptical cross-trainers. Fantastic Cardio and strength conditioning workout, usually followed directly by another half-hour class which complements the session.
MVe PILATES	Pilates chair program. Build strength, flexibility and endurance with this innovative workout. Pilates, cardio and strength elements are combined to create a total body experience.
PILATES	A popular body conditioning system centering on your core anatomy. Body alignment, breathing and strengthening abdominal muscles are essential to this technique. Your Pilates workout will assist and benefit you not only in other classes but life itself! Class is suitable for beginner and intermediate level participants.
FITBALL	A unique and effective exercise class using giant fitballs plus weights to sculpt and tone every muscle.
SPIN	A 45 or 60 minute indoor cycling class, suitable for all fitness levels. This is a non-weight bearing class with interval style workouts, with an option for controlling your own individual workload. Suits all levels.
STEP ATHLETIC & MOVES	An intense workout using an adjustable step platform. Patterns of choreography are taught to ensure a strong and challenging workout. Step Athletic is suitable for all levels. Step Moves is for advanced participants only.
TRX	Functional strength training class using a TRX suspension training system.
YOGA	A combination of athletic Yoga and mind/spirit relaxation.
YOGA BASED PILATES	This class uses Pilates moves that flow continually rather than being held. It is a strong class for experienced participants.
SOMACHI YOGA	A strong modern athletic Vinyasa style Yoga (breath synchronized movement) that incorporates traditional Hatha Yoga with influences from martial arts and Tai Chi. Yoga will build strength and flexibility to the body, as well as calm and clarity of the mind. Perfect for all levels of fitness.
WASHBOARD ABS	30 minutes of abdominal and back strengthening exercises for total core strength.
ZUMBA	You've seen it on TV now come and try the class of the year!!! Combines Latin, African and Bollywood rhythms. This unique class has a party atmosphere yet trains your body with intervals of intensity & body sculpting strength work.

LES MILLS PROGRAMS

BODY PUMP	Pre-choreographed class designed to tone muscle and develop strength in the body. Suitable for all levels and no coordination required.
Sh'BAM	Pre-choreographed class based on easy and fun dance moves to all the latest hits and dance music! 45 minutes of simple but energetic Cardio exercise, with unique routines. Loads of fun!

MEMBERS ONLY PRIVILEGES

Members are invited to bring a guest to Brighton East at the reduced rate of only \$14.
Seniors and Students pay only \$12