

affordable FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM				INDOOR BOOTCAMP (45mins) Anna			
7:30AM	CYCLE (45mins) Jane-Maree	PILATES Jacquie	JAPANESE YOGA Kelli 6 week probationary trial starting 18/9/19		BODYFIRM Anna		
8:00AM				EXPRESS CYCLE (30mins) Catriona		PILATES Mariana	
8:30AM	PILATES Elize	PILATES Jacquie	BODYFIRM (45 mins) Anna	EXPRESS CYCLE (30mins) Catriona	BODYFIRM Anna		HATHA YOGA Deborah INTERMEDIATE
9:00AM						JAPANESE YOGA Paula	
9:30AM	BODYFIRM John	BODYFIRM Annie	 ZUMBA® Susie	 ZUMBA® Diego	 ZUMBA® Paul		LATIN CARDIO Angus
10:00AM						BODYFIRM Anna	
10:30AM	JAPANESE YOGA Kelli	HATHA YOGA (75 mins) Deborah	PILATES John	PILATES Alison	HATHA YOGA Paul		CYCLE (45 mins) Joanne
11.00AM						 ZUMBA® Omkar	
5.30PM				PILATES Jacquie			
6:00PM	 ZUMBA® Diego	STRENGTH & DEFINE Annie	 ZUMBA® Fabiola				
7:00PM	TRADITIONAL HATHA YOGA Nell	 ZUMBA® Diego	CREATIVE HATHA YOGA Deborah				

GYM CONTACT DETAILS & TRADING HOURS

Ground Floor PCYC
372 Darling Street
Balmain NSW 2041

Web: www.affordablefitness.com.au

Phone: **9818 7888** or
9818 7743

Email: info@affordablefitness.com.au

Mon – Thurs 6am – 9pm
Fri 6am – 8pm
Sat 8am – 6pm
Sun 8am – 1pm

CHILDMINDING INFORMATION

Monday, Wednesday and Friday 9:20am to 11.40am

- Service costs \$3 per visit per child, to be paid at gym reception. You will be provided with a crèche token to give to crèche staff.
- This service is for Affordable Fitness member's children ONLY. NO GUESTS OR RELATIVES ALLOWED.
- No peanuts or peanut based products, lollypops or chewing gum are permitted in the crèche
- Parents must remain in the club facilities at all times while children are being minded
- All children must be signed in and out by their parent/guardian when using the facility
- Children will not be permitted in the crèche if they are coughing, vomiting or unwell due to any sort of illness.

CLASS DESCRIPTIONS

CARDIO CLASSES

CYCLE: The fastest way to burn calories & get fit. The instructor takes you on a journey through different terrains e.g. hills & sprints. Made up of short intervals of high-intensity followed by rest, these HIIT workouts get your heart-rate up quickly and safely.

EXPRESS CYCLE: Higher intensity, 30min version of your normal cycle class. Maximum fitness benefit in half the time with less rest to ensure a fast, fun, and highly fuelled ride!

STRENGTH CLASSES

BODYFIRM: A non-impact class using barbells and weights. A great all over toning workout using light weights and repetition.

STRENGTH & DEFINE: A resistance class focusing on toning and sculpting the body, improving functional strength and definition of all muscle groups. Perfect for males and females, a great total body workout.

INDOOR BOOTCAMP: An invigorating cardio and weight training class with challenging workout stations designed to condition and strengthen the whole body. A fun interactive class for all fitness levels.

PILATES AND YOGA CLASSES

PILATES Aims to develop the body's "centre" in order to create a stable core for all types of movement. Increases flexibility, posture and reduces risk of back injury.

TRADITIONAL HATHA YOGA 35mins of asana, 10 mins of pranayama and then flowing into meditation. Pranayama are breathing exercises which clear the physical and emotional obstacles in our body to free the breath and so the flow of prana - life energy

HATHA YOGA A discipline that unifies mind and body. There is a natural realignment of the body when postures are held and synchronised with breath.

HATHA YOGA INTERMEDIATE Minimal instructions given. Knowledge of basic postures and your body's limitations and possibilities required.

CREATIVE HATHA YOGA A culmination of Hatha, Embodied Flow, Fascia and Yin yoga. In Creative Hatha, classes are about moving in all directions and aim to be inclusive, fun and explorative. There will always be the element of choice and direction. It will take in to account the time of year (seasons), the time of month (moon phases) and the level of experience in the room; open to all experience levels of yoga.

JAPANESE YOGA Based on the 5 Element theory (the principals of Yin & Yang) Japanese yoga uses repetitive movement, traditional Hatha postures and breath to give the individual a greater sense of balance, self-awareness, strength and wellness.

DANCE CLASSES

LATIN CARDIO combines a cardio workout with technique and posture tips to improve your Latin dancing style. The class is a continuous mix of salsa, samba, merengue, cha-cha, rumba, and mambo and jive styles, combined into just the right blend of sweat, technique improvement and fun!

ZUMBA A high energy dance style class with a Latin flavour where you can really shake your booty, have fun and get fit at the same time.

Strictly no entry is permitted 5 minutes after class has commenced

Due to unforeseen circumstances Instructors and/or classes may change or be cancelled without notice