GROUP FITNESS CLASS TIMETABLE

Revs HEALTH & FITNESS AT SEAGULLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am-8:15am **GET ACTIVE**	6:00am-6:30am **STRONG**	6:00am-6:45am **BODY BURN**	6:00am-6:30am **CYCLE**	6:00am-6:30am **HYBRID**	8:00am-8:30am **CYCLE**
8:30am-9:00am **STRONG**	6:30am-6:45am **CORE**	7:30am-8:15am **DANCE FIT**	6:30am-7:00am **CIRCUIT**	6:30am-6:45am **CORE**	8:30am-9:00am **CORE**
9:00am-9:15am **CORE**	8:30am-9:30am **PILATES**	8:30am-9:30am **HATHA YOGA**	8:30am-9:15am **BODY BURN**	7:30am-8:30am **PILATES**	9:00am-10:00am **YOGA FLOW**
9:30am-10:30am LesMills BODYPUMP	8:30am-9:00am **STRONG**	9:30am-10:00am **CYCLE**	9:30am-10:00am **SWEAT**	8:30am-9:15am **GET ACTIVE**	
10:30am-11:30am LesMills BODYBALANCE	9:00am-9:15am **CORE**	10:00am-10:30am **CIRCUIT**	10:00am-10:15am **CORE**	8:30am-9:00am **HYBRID**	
5:15pm-5:45pm **STRONG**	9:30am-10:30am **X-TRAIN**	10:30am-11:30am **PILATES**	10:30am-11:30am LesMills BODYBALANCE	9:00am-9:15am **MOBILITY**	
5:15pm- 5:45pm **CYCLE**	5:30pm-6:30pm LesMills BODYPUMP	5:15pm-6:15pm **ABS, BUTT, THIGHS**	5:30pm-6:15pm **DANCE FIT**	9:30am-10:30am **ABS, BUTT, THIGHS**	
5:45pm- 6:15pm **CORE**	6:30pm-7:30pm LesMills BODYBALANCE		6:30pm-7:30pm **STRETCH & RELEASE**		
5:45pm- 6:00pm **MOBILITY**					

RZ REVS ZONE

Add Functional Training to your weekly routine! **BOOK** your spot early as our small group training sessions have limited capacity.

STAFF HOURS

MONDAY-THURSDAY 8AM-6PM
FRIDAY-SATURDAY 8AM-12NOON

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TO BOOK YOUR CHILD/REN INTO CRECHE, PLEASE CALL 0477 335 440

SPIN · DANCE · MIND & BODY · STRENGTH & CONDITIONING · CARDIO FITNESS · REVS ZONE FUNCTIONAL TRAINING

Our timetable is subject to change

CLASS DESCRIPTIONS

Revs
HEALTH & FITNESS
AT SEAGULLS

ABS, BUTT, THIGHS

A combination of strength enhancing, and muscle toning exercises will target common problem areas. Using bands and weights, this class fires up your fat-burning and builds lean muscle in your abs, butt and legs.

BODY BALANCE LES MILLS

This class is the perfect mix of yoga, pilates, stretching, tai chi and meditation. Designed to help lengthen muscles, release tension and leaving you with an overall sense of balance and calmness.

BODY PUMP LES MILLS

The ultimate weights class designed to build lean muscle mass and have you feeling fit and strong. Combining scientifically backed choreography, motivating instructors and great music, this class will push you to achieve more than you would on your own.

BODY BURN

This is a dedicated Strength only circuit class programmed to set your entire body on fire as you build lean muscle and tone up. This is a low impact class with a fierce bite. Suitable for all levels.

CIRCUIT+CYCLE

The ultimate blend to get the heart rate up and burn those calories on the bike then finish off strong with a circuit session for maximum results.

CORE

Fire up your core. This class is the perfect 15 minute or 30 minute add-on to your workout or if you are pressed for time – this class will get you sweating! A strong core is vital to body mobility and strength and is key to any training regime.

CYCLE

This class provides something for everyone. Cycle your way through heart pumping hill climbs and sprints then hit the mat as we focus on improving important postural muscles and build on your deeper core muscles.

DANCE FIT

Dance and Fitness at its best. Your instructor will have you grooving up a sweat whilst increasing your overall fitness, balance and coordination. A fun variety workout for all levels.

GET ACTIVE

The perfect class if you are new to exercise A full body self-paced workout set up around timed circuits. Work as hard or as easy as you like whilst enjoying the music and great company.

HYBRID

The best of both worlds- This class is the perfect blend of Cardio Sweat and Functional Strength.

MOBILITY

This is a 15 minute class add on that focuses on increasing your mobility and extending your flexibility to reduce injuries, improvement ROM, aid in your ability to lift heavy, work out harder and look after your body better long term.

PILATES

Pilates is a low impact class for everyone who wants to manage back pain, improve their body connection, core strength, and have fun. All levels welcome.

SWEAT

Our Cardio sweat classes are designed to keep you motivated and push you out of your comfort zone. These cardio based training methods are designed to take you and your results to the next level. Mixing up the methods with individual, partner and team workouts.

STRONG

Our strong training classes focus on functional movement patterns which help increase your muscle mass, bone density and overall strength.

STRETCH & RELEASE

This class is for anyone who wants to stay flexible, reduce muscle tightness, and avoid injury. It's the perfect opportunity to give back to your body. If you are tired, sore or injured, use this class to stretch, mobilise and rebalance your mind and body.

We incorporate active and passive stretching, along with foam rolling to ease muscle tension and aid in recover. Suitable for all levels.

YOGA

A class that takes you on a journey within. Connecting your mind, body and breath through postures and sequences. All classes will have you leaving feeling relaxed and deeply nourished. All levels welcome.

Hatha: Gain a deep nourishment physically and emotionally from holding postures longer and focusing on alignment.

Flow: Creates a meditative state for the mind and body during the continuous flow of movement and breath linking one posture to another.

X-TRAIN

Incorporating a mixture of cardio, weighted and core exercises to help tone and condition your body whilst improving your cardiovascular capacity. This class packs a punch.

SCAN THE QR CODE TO BOOK A CLASS NOW