

# AEROBIC TIMETABLE 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30 am						*STEP SCULPT
8.30 am			PILATES			
8.45 am	CIRCUIT				STEP	
9.00 am		SCULPT		*FATBURNER		FIGHTN FIT
9.00 am		AQUA		AQUA		AQUA
9.30 am	SCULPT		STEP		SCULPT	
9.45 am						
10.00 am		#FATBURNER		#ABT'S		
10.15 am	*YOGA					
10.30am			FUNKY FIT BALL			
5.00 pm			AQUA		AQUA	
5.45 pm		FIGHTIN FIT		FIGHTIN FIT		
6.00 pm	STEP		COMBO		*YOGA	
6.30 pm		#ABT'S				
6.45 pm			*YOGA			

\*Denotes a one hour class, # Denotes 1/2 hour class - All other classes are 45 minutes.

## DESCRIPTIONS

<b>ABT CLASS</b>	½ hour class blitzing Abs, Butts and Thighs
<b>AQUA</b>	Fantastic fun! Excellent for toning, fitness or rehabilitation.
<b>COMBO</b>	A combination of different styles of class, appealing to everyone.
<b>FAT BURNER</b>	Low impact class, no running/jumping. Designed for all levels.
<b>FIGHTIN FIT</b>	A class for everyone! An exciting combo of circuit training and boxing techniques.
<b>FUNKY FIT BALL</b>	Work on the fit balls combining strength work, abdominal and stretching.
<b>STEP INTVL</b>	A Combination of step and body sculpting.
<b>PILATES</b>	A low intensity class for all fitness levels to strengthen and conditioning core muscles
<b>SCULPT</b>	A muscular endurance workout designed to tone and condition the whole body.
<b>STEP</b>	Medium to high intensity utilising a step platform to increase aerobic benefit.
<b>STEP COMBO</b>	A variety of Step and our Instructors choice. Fantastic for cross training.
<b>STEP SCULPT</b>	As the name suggests. ½ an hour of each. A good combo of fitness & strength.
<b>CIRCUIT</b>	A lively & inspirational class. Circuit training involving new & creative stations.
<b>YOGA</b>	Exercise your mind, body and soul. The class you've always wanted



# ARUNDEL HILLS RECREATION CENTRE

## Opening hours

Mon-Wed	5:30am - 8:30pm
Thurs - Fri	5:30am - 7:30pm
Saturday	7:30am - 5:00pm
Sunday	7:30am - 1:00pm

\*Pool opens at 6:15am Monday - Friday\*

*Arundel Place, Arundel Drive, ARUNDEL, QLD 4214*  
PHONE (07) 55 739 499 FAX (07) 55 739 440

recentre@arundelhillscc.com.au