

Group Exercise Timetable

commencing June 2016

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Group Exercise Room								
6.15am								
9.30am						9.00am		
10.30am						10.00am		
11.30am								
5.30pm								
6.00pm								
6.30pm								
7.30pm								
Functional Training Room								
6.15am								
5.00pm								
5.30pm								
6.00pm								
6.30pm								
Functional Training Room – available when there are no scheduled classes								
Fitness on DEMAND								
Can't make our scheduled classes, over 400 video classes to choose from.								
Yoga, Pilates, Aerobic, Spinning, Strength, HIIT, Barre programs available.								
Cycle Room								
						8.15am		
5.30pm								
Pool Room								
10.30am								
11.00am								

OPERATING HOURS

Gymnasium, Studios and Courts

Mon – Thurs	6.00am – 9.00pm
Friday	6.00am – 8.00pm
Saturday & Sunday	8.00am – 3.00pm
Public Holidays	9.00am – 1.00pm

Swimming Pool

Mon – Thurs	6.00am – 8.00pm
Friday	6.00am – 7.45pm
Saturday & Sunday	8.00am – 2.45pm
Public Holidays	9.00am – 1.00pm

Closed

New Years Day, Good Friday, Easter Sunday, Christmas Day

Crèche Hours

Mon, Tues, Thurs & Fri	9.15am – 11.30am
Wed	9.15am – 12.00pm

Casual Visit Rates	Adult	Conc	Senior
Group Fitness per class	\$15.00	\$12.00	\$9.00
Living Longer			\$7.00

Functional Classes 30min	\$10.00
Functional Classes 60min	\$15.00
Functional Classes 90min	\$20.00

*see reverse for class categories

Healthglo

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membersupport@healthglo.com.au



The information contained in this brochure is correct at the time of printing. Information may change without notice.

Freestyle Programs

HAT



Low impact aerobics with toning exercises specifically for the hips, abs and thighs. Energetic with easy to follow moves makes this class suitable to all.

TOTAL BODY



Low impact Aerobics with toning exercises for the upper body, mid section and lower body. Utilising dumbbells, bands, v-toners, steps, bars and the bosu, this is an awesome total conditioning class.

CROSS TRAIN



Low impact aerobics combines stepping moves and barbell exercises. Cross Train produces a great conditioning workout with a cardio burst. A great overall experience.

LIVE LONGER



Live Longer and Stronger. A Strength Training program for the over 50 group. Combining balance, strength, mobility and cardiovascular activities, it is both fun and easy to do.

PILATES



Pilates is the ultimate workout to improve Flexibility, Posture, Breathing and Abdominal/Low Back strength. With body conditioning and postural alignment techniques that develop a strong and centered body.



Enjoy the splash of Aqua. Fun and exciting class for all ages. Low impact and flotation exercise challenge the body and improve overall fitness. Aqua is suitable for everyone.

Les Mills Programs



The weights class that builds strength, tones your body and pushes you to the limit every time. Be strong. Focusing on low weight loads and high repetition movements, you'll burn fat and gain strength.



The fast paced, simple moves, on, over and around the step will give you cardio blocks that push fat burning systems into high gear followed by muscle conditioning blocks that shape your body.



High intensity interval training set to tunes that'll get your pulse racing. Get results faster. Ride Hard. You will be lead you through hills, flats, mountain peaks, time trials and interval training.

Functional Training Programs

WARRIOR



WARRIOR is high intensity interval training taking advantage of the primal movement patterns. This is an integrated program designed to improve strength, endurance, balance and flexibility.

BOX FIT



BOXFIT is a high intensity full body workout. Using traditional boxing techniques and fitness building activities. Participants work in groups of 2 or 3 through a series of boxing combinations and strengthening exercises.

RIP 60



RIP60 is a unique training system designed to develop muscular endurance, strength and stability. Medium to High Intensity Functional and Stabilisation exercises engage the RIP60 strap to transform the body into the best shape it could be.

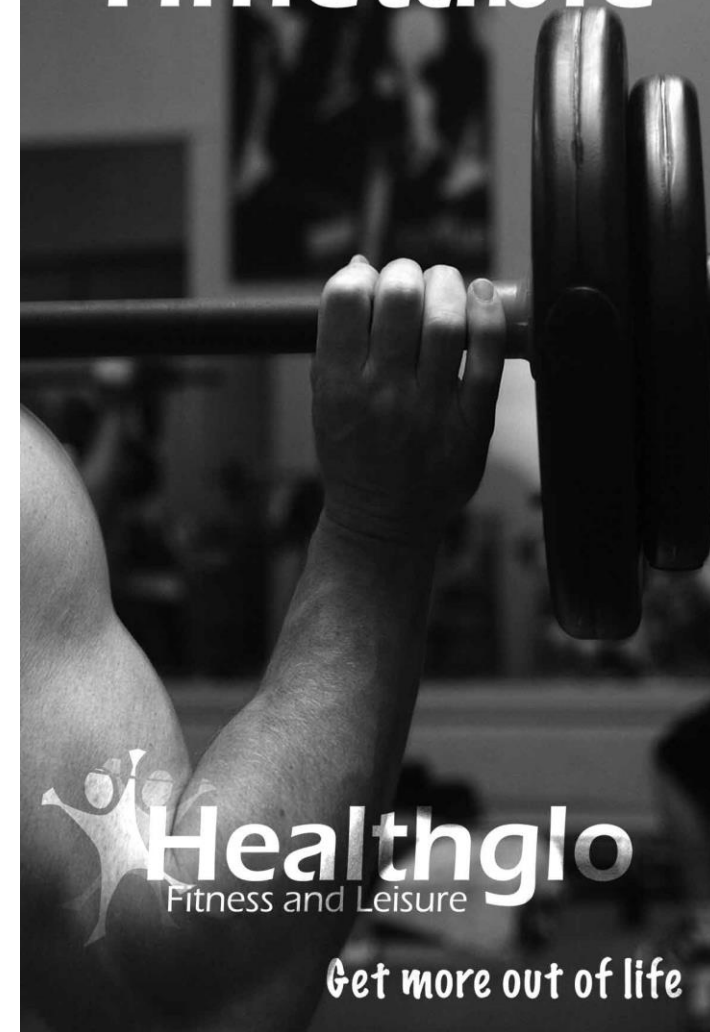
6 PACK ABS



6 PACK ABS utilises the best of sports conditioning, a program that will not leave you disappointed.

Highlighted Class Highlighted class indicates NEW class on the timetable

Group Fitness Timetable



Healthglo
Fitness and Leisure

Get more out of life