

TEEN FIT

GYM MEMBERSHIP FOR TEENS 12-15 YEARS



Group Fitness Timetable

Class times may vary due to events or public holidays. For the latest group fitness timetable visit perthhpc.com.au

Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 6:45am RPM 45		6:00am - 6:45am RPM 45	8:45am - 9:15am RPM Express	6:00am - 6:45am RPM 45	8:45am - 9:30am RPM 45	
8:45am - 9:15am Cycle Express		8:45am - 9:15am RPM Express		9:15am - 10:00am RPM 45		

Evolve Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am - 10:15am Pilates Matwork	8:30am - 9:15am Pilates Matwork	9:30am - 10:15am Pilates Matwork	10:30am - 11:30am Pilates Matwork	8:30am - 9:15am Pilates Matwork	8:00am - 8:45am Pilates Matwork	
10:30am - 11:15am Stretch & Flex	9:30am - 10:25am BODYBALANCE	10:30am - 11:15am Stretch & Flex	9:30am - 10:15am Get Active	10:05am - 11:00am Pilates Matwork	9:45am - 10:45am BODYBALANCE	
6:15pm - 7:15pm BODYBALANCE	10:30am - 11:30am Get Active	6:30pm - 7:30pm Yoga		11:00am - 11:45am Stretch & Flex	11:00am - 12:00pm Yoga	
	6:15pm - 7:15pm Pilates Matwork					

Group X Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45am - 8:30am PWR Pilates	9:30am - 10:15am Zumba	6:15am - 6:45am CORE	8:45am - 9:15am CORE	9:30am - 10:45am BODYBALANCE	8:00am - 8:30am CORE	9:30am - 10:15am Shapes
8:35am - 9:20am Pilates Matwork	6:15pm - 7:00pm Shapes	7:45am - 8:30am PWR Pilates	9:30am - 10:15am Shapes	10:30am - 11:25am Zumba Gold	10:00am - 10:45am Shapes	10:15am - 11:15am Pilates Matwork
10:30am - 11:15am Shapes		10:30am - 11:30am BODYBALANCE	5:30pm - 6:15pm PWR Pilates		10:45am - 11:45am Pilates Matwork	
12:30pm - 1:30pm Pilates Matwork		4:15pm - 5:00pm Teen Fit				
4:15pm - 5:00pm Teen Fit						
5:30pm - 6:00pm CORE						

Class descriptions

CARDIO

METAFIT™ HIIT Created by a former Royal Marine Commando, Metafit HIIT combines traditional bodyweight exercises with the latest high intensity interval training (HIIT) techniques to set the metabolism on fire! 30 minute EXPRESS format.

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Get active Classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Classes aimed at seniors and injury recovery or rehab.

ZUMBA® Party yourself into shape. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. ZUMBA® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

CYCLE

RPM™ is an indoor cycling class set to motivating music. It burns major calories and gets you fit using simulated climbs and sprints. Instructors show you the basic cycling moves of standing and sitting, changing hand positions, speeding up slowing down. You control your resistance levels and speed, so you can build your training level over time. RPM™ comes in 45 and Express 30 minute formats.

MIND AND BODY

BODYBALANCE™ is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

PWR Pilates is a 45 minute class where you'll do Matwork exercises with props for added resistance such as loop bands, dumbbells and more. This class is a powerful Pilates based full body strength workout.

Pilates Matwork Pilates focuses on strengthening the core through stretching and breathing exercises. It creates a balance in the body that leads to physical and mental relaxation.

Stretch and Flex is a flexibility based class designed to relax and rejuvenate your body, with use of some yoga teachings, core strength and basic stretching.

Yoga Develop strength, mobility and stability as you are guided through postures by expert instructors. We teach you about body discipline and mental stability allowing you to challenge the body whilst relaxing the mind. Suitable for all ages and fitness levels, yoga is perfect for beginners, experienced yogis or anyone looking to incorporate a mind and body routine into their fitness regime.

SCULPT AND STRENGTHEN

BODYPUMP™ is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and instructors and your choice of weight inspire you to get the results you came for – and fast!

CORE Exercise muscles around the core - to make you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. All the moves in CORE have options, so it's challenging but achievable for every level of fitness.

Max NRG An intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. This circuit style class builds strength, endurance and stamina. Please note a moderate level of fitness is required for this class.

TEEN FIT

TEEN FIT A dedicated class for our Teen Fit teens. Teens will learn correct exercise techniques in a gym environment. It develops teen knowledge of fitness through resistance training, cardio and circuit training under the supervision of our fitness staff.

Please bring a towel and water bottle.

Find out more about Fit Club at hbfstadium.com.au/gym/memberships/fit-club