

# 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](http://perthhpc.com.au)

### Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 6:45am RPM 45		6:00am - 6:45am RPM 45		6:00am - 6:45am RPM 45	8:45am - 9:30am RPM 45	
8:45am - 9:15am Cycle Express		5:15pm - 6:00pm Cycle		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	8:30am - 9:30am Yoga	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	6:15pm - 7:15pm Yoga	10:30am - 11:30am Pilates Matwork	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
7:00am - 7:30am Les Mills Virtual Core	8:45am - 9:15am Core	6:15am - 6:45am Core	8:45am - 9:15am Core	6:45am - 7:15am Les Mills Virtual Core	8:30am - 9:00am Core	9:30am - 10:15am Shapes
8:35am - 9:20am Pilates Matwork	9:30am - 10:15am Zumba	10:30am - 11:30am BODYBALANCE	9:30am - 10:15am Shapes	9:30am - 10:15am BODYBALANCE	10:00am - 10:45am Shapes	10:15am - 11:15am Pilates Matwork
10:30am - 11:30am Yoga	3:15pm - 3:45pm Les Mills Virtual Body Attack	3:30pm - 4:00pm Les Mills Virtual Core	12:30pm - 1:00pm Les Mills Virtual Core	10:30am - 11:30am Zumba Gold	10:45am - 11:45am Pilates Matwork	12:15pm - 1:00pm Les Mills Virtual Body Combat
12:30pm - 1:30pm Pilates Matwork	4:00pm - 4:30pm Les Mills Virtual Body Combat	4:15pm - 5:00pm Teen Fit	1:30pm - 2:15pm Les Mills Virtual Dance	3:30pm - 4:15pm Les Mills Virtual Body Combat	2:00pm - 2:45pm Les Mills Virtual Body Combat	1:15pm - 2:00pm Les Mills Virtual Body Balance
2:00pm - 2:45pm Les Mills Virtual Dance	4:45pm - 5:15pm Les Mills Virtual Core	7:30pm - 8:15pm Les Mills Virtual Body Attack	3:30pm - 4:15pm Les Mills Virtual Body Attack	4:30pm - 5:15pm Les Mills Virtual Body Balance	3:00pm - 3:45pm Les Mills Virtual Dance	2:30pm - 3:15pm Les Mills Virtual Body Attack
3:15pm - 4:00pm Les Mills Virtual Body Combat	6:15pm - 7:00pm Shapes		4:30pm - 5:15pm Les Mills Virtual Body Balance	7:00pm - 7:45pm Les Mills Virtual Body Attack	4:00pm - 4:45pm Les Mills Virtual Body Balance	
4:15pm - 5:00pm Teen Fit	7:15pm - 8:00pm Les Mills Virtual Dance		7:15pm - 8:00pm Les Mills Virtual Body Combat			
5:30pm - 6:00pm Core						
7:30pm - 8:15pm Les Mills Virtual Body Attack						

Virtual Class
  Instructor-Led Class

## **CARDIO**

**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.

**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.

## **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.

**Freestyle CYCLE** is a freestyle indoor cycling class requiring energy but not coordination. You control your own resistance levels and sprint speed so you can build up on your training level.

## **MIND AND BODY**

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

**LES MILLS SHAPES** is a low-impact 45min strength-based workout inspired by Pilates, barre & power yoga. This is a dynamic full-body and targeted workout for all experience levels and ages.

**Body Attack** is a high energy class combining athletic training with explosive cardio exercises to improve functional fitness, coordination and agility.

**Dance** is a cardio-based dance workout inspired by global dance genres.

**Body Combat** is a martial arts inspired no-contact workout improving fitness, agility and speed

**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.

## **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 Teen Fit at**

**[www.perthhpc.com.au/gym/gym-for-teens](http://www.perthhpc.com.au/gym/gym-for-teens)**