












## Circuit Training Timetable-Summer

**Circuit Classes** (Included in Gym Membership) – effective 1<sup>st</sup> November 2013

Strength training programs do much more than add muscle definition onto your frame. They also help you burn fat more efficiently and improve your bone density. During your weight or strength training routine, you'll not only burn 400-600 calories, but also maintain a significant metabolism boost throughout the day. The Striker strength training programs are suitable for all levels of fitness and exercise experience. Browse the class descriptions to find the strength training class that's right for you.

We offer a variety of strength classes and schedules to accommodate your needs. Our strength training programs will help you gain confidence by building muscle tone. They'll also give you the strength you need to excel at sports, get more out of recreational activities, and maintain stamina during daily life.

	MON	TUE	WED	THUR	FRI
6:00am					
7:00am					
7:30am					
8:30am					
9:30am					
6:00pm					

**PLEASE NOTE:**

- Classes are subject to change without notice
- For safety and comfort of all participants, please bring a sweat towel and water bottle
- **CRECHE** is included **FREE** with Gym/GF membership for 2 children, if your child(ren) is **BOOKED IN**. Each child after the first two **OR** If there is **NO BOOKING**, or you are a casual, then you need to **PAY \$5.00**.

## Circuit Training Class Descriptions



**R.E.C.** (**Resistance Endurance Circuit**) is a cardio/strength combination class that alternates strength training exercises with cardio training to sculpt every major muscle group. R.E.C. classes combine intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. You can burn 400-600 calories in a variety of classes that may use jump ropes, boxing drills, free weights and even a little healthy competition. Expect the unexpected in these full-body classes, which are packed with lots of variety and tons of fun. This strength class consists of our functional resistance exercises using hand weights to guarantee you'll burn calories while giving your muscles a great workout. It will present a challenge for even an experienced athlete.



**Lite R.E.C.** (**Light Resistance Endurance Circuit**) is a lighter pace of the R.E.C. class and is aimed at our more senior participant or those returning to exercise after an injury/operation, childbirth or just new to exercising.....Lite Resistance Endurance Circuit is a cardio/strength combination class that alternates strength training exercises to maintain strong and healthy bones with light cardio training to help maintain a healthy heart. Classes also consist of functional resistance exercises using hand weights whilst utilising the stability ball and is guaranteed to help improve balance and co-ordination.



**BOOTCAMP:** You work, you sweat and best of all, you burn calories like crazy. Be challenged and motivated by one of our awesome PTI's (Physical Training Instructors) through innovating and non conventional methods. An assessment is conducted at the completion of every 8 week program to record your results. The Striker Adventure BOOT CAMP is an intensive indoor/outdoor program for you to achieve your personal weight loss and fitness goals. BOOT CAMP is held rain, hail or shine and a great way to challenge yourself and work harder than you ever imagined you could. This class is designed for different fitness levels and you will be guided in ensuring you achieve your goals. Go on...you know you want to do it!! Take the challenge!! BOOTCAMP is included in Gym Membership/\$20.00 casual one off session. Non members \$200 for 8 week program that includes 16 consecutive sessions.



**ZUMBA circuit:** This interval training class consist of exciting dance rhythms of a Zumba class combined with strength/weight conditioning equipment proves a complete, fun and effective workout. Zumba in the circuit is perfect for those who enjoy the intoxicating rhythms of South America and want whilst getting fit and toning the whole body. It is not a dance class but you will learn different movements like salsa, meringue, samba and more. It caters for all fitness levels. The class is Hot! Hot! Hot! Come shake your maracas!



**Booty Boot Camp 45 min:** This 45 min sexy workout will not only burn calories, increase your fitness and tone those muscles; it will endeavour to bring out the "Goddess" in you. Keep fit while feeling Sexy and having fun! All fitness levels are catered for. Each lesson we'll have you moving & grooving with our specially constructed body-toning exercises and you may learn a flirty, sexy Chair Dance routine as well! The class is conducted in the circuit room, hidden away from the crowds, utilizing a variety of equipment such as chairs, mats, bands, gymsticks, light weights and more....