



GROUP FITNESS RUSSELL

SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7.00AM

CIRCUIT

CIRCUIT

BOX & BURN

8.00AM

VINYASA YOGA

12:30 PM

RETROFIT

CLASS INFO

CIRCUIT

THESE CLASSES ARE DESIGNED TO GIVE YOU HIGH FITNESS RESULTS IN THE MINIMUM TIME POSSIBLE. INCORPORATING PLYOMETRIC, STRENGTH & FUNCTIONAL STRENGTH TRAINING. SUITABLE FOR ALL FITNESS LEVELS

VINYASA YOGA

ENERGETIC FLOW WORKING WITH THE BREATHE TO BENEFIT THE BODY & MIND FOLLOWED BY A GROUNDING SAVASANA. SUITABLE FOR ALL LEVELS WITH MODIFICATIONS GIVEN - MATS PROVIDED

BOX & BURN

TRADITIONAL BOXING TRAINING WITH AN EXTRA BURN OF CARDIO & CORE WORK. LEARN THE BASIC TECHNIQUES AND WORK ON A MIXTURE OF PAD AND BAG WORK. THIS CLASS IS NON CONTACT

RETROFIT

DESIGNED FOR OLDER ADULTS & THOSE NEEDING MODIFICATIONS. A MIX OF RESISTANCE BAND WORK, BALANCE, STRENGTH & CARDIO SEATED IF REQUIRED

AT CHRIST CHURCH PARISH HALL

- ALL CLASSES 45MINS
- ALL CLASSES CAN BE MODIFIED TO YOUR OWN LEVEL, A PRE-EXERCISE QUESTIONNAIRE TO BE COMPLETED (MEDICAL CONDITIONS, INJURY ETC)