

# Group Exercise Timetable

commencing Monday 1<sup>st</sup> January 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	HIIT Express	BOXFIT	TABATA Express	BOXFIT	HIIT Express		
6:45am							
9:00am						8:00am  LES MILLS RPM	Step n Sculpt
9:30am	CrossTrain	LES MILLS BODYPUMP	Arms Butts Core	LES MILLS BODYPUMP	Tone	9:00am  LES MILLS BODYPUMP	LES MILLS BODYPUMP
9:30am						10:00am	
10:30am	Live Longer	AQUA	Live Longer	AQUA	Live Longer		
10:30am	PILATES		PILATES				
4:30pm							
5:30pm	Athletica	LES MILLS BODYPUMP	Arms Butts Core	LES MILLS BODYPUMP			
5:30pm	LES MILLS RPM			LES MILLS RPM			
5:30pm	BOXFIT	HIIT Express	BOXFIT	TABATA Express			
6:30pm	PILATES	Flex	PILATES	Flex			

## Memberships available exclusively for Group Exercise classes

### Casual Visits welcome

Adult	\$18.00
Concession/Students	\$14.00
Seniors	\$10.00
Living Longer	\$10.00

### 10 Visit passes

Adult	\$144.00
Concession/Students	\$112.00
Seniors	\$75.00
Living Longer	\$75.00

ID required for Senior, Concession and Student discounts

## OPERATING HOURS

### Weights, Cardio and Studios

Monday – Thursday	5:30am – 9:00pm
Friday	5:30am – 8:00pm
Saturday & Sunday	8:00am – 5:00pm
Public Holidays	8:00am – 1:00pm

### Swimming Pool

Monday – Friday	6:00am – 7:00pm
Saturday & Sunday	8:00am – 4:45pm
Public Holidays	8:00am – 12:45pm

### Childminding

Monday - Friday	9:15am – 11:30am
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### Closed

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

## Healthglo

8 Uplands Place, Burnie, 7320  
Telephone 03 64314708  
Mobile 0417107677  
www.healthglo.com.au  
enquiries@healthglo.com.au



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

## Freestyle Programs

Arms  
Butts  
Core



Low impact aerobics with toning exercises specifically for the Arms, Butt and Core. Energetic with easy to follow moves makes this class suitable to all.

Tone



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

CrossTrain



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

Athletica



**ATHLETICA** is a workout focusing on cardio, strength and core training. Using body weight, hand weights and barbells in challenging sets and invigorating combinations.

Step n  
Sculpt



**STEP n SCULPT** brings back simple step routines and body sculpting exercises that tighten and tone your body. The use of the step, bodyweight, bands and hand weights to challenge you.

PILATES



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

AQUA

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.

Live  
Longer

Live Longer is a strength training program for the over 50 group. Combining balance, strength, mobility and cardiovascular activities, it is both fun and easy to do. This program is not included within any of the membership packages available.

## 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.



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



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



**HIIT** is a high intensity interval training workout taking advantage of the primal movement patterns. Using bodyweight and basic equipment simplifies the workout. A circuit based workout designed to improve strength, endurance, balance and flexibility.



**TABATA** is a high intensity interval training session taking advantage of the TABATA method. This program is designed to improve strength, endurance, balance and flexibility.

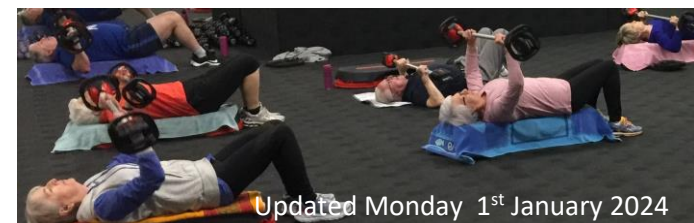


Relax into a session of deep stretches. Long, slow, deep stretching exercises inspired by yoga and sport-specific movements to improve your flexibility, range of motion, balance and posture. Your body will thank you for it.

Can't make a class, have you tried our in-house Virtual Group Exercise Programs in our back studio or if you cannot make in to the club we have Healthglo ONDEMAND available anytime anywhere on your mobile device. FREE to our members.



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Updated Monday 1<sup>st</sup> January 2024