

**BLITZ** - This 45 minute circuit program will fire you up! It's you against the clock as you move through stations that challenge your strength, stamina and cardiovascular system. If you're short on time and need a total body workout, this is for you!

**BODYATTACK** - This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Build speed, endurance, stamina, coordination, agility and overall fitness to improve your fitness and lifestyle.

**BODYPUMP** - The original LES MILLS barbell class will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

**BODYSTEP** - a high energy body weight Group Exercise class developed by Les Mills, combining high energy aerobic movements on a height adjustable step platform. In a BodySTEP workout, you can engage in upbeat, rhythmic stepping, with squat and lunge patterns to work the legs and butt. Expect a fun, uplifting, full-body workout.

**BOX** - Boxing reins supreme as one of the best all-round workouts, incorporating strength, conditioning, coordination and stamina. Plus, it's FUN! Inner gloves and wrist wraps are recommended (available from reception). BOX30 is a 30 minute class.

**CORE** - Forget sit-ups, this is the ultimate abs class. Your instructor will be focusing on functional core exercises to improve tone, strength and mobility in your abdominal and back muscles. 30 minute class.

**H.I.T** - High Intensity Training. An intense fitness class utilising a variety of techniques and equipment, involving sports drills and more. The ultimate in body conditioning. H.I.T-30 is a 30 minute class.

**MMA FIT** - Is a unique and addictive full body workout based on a non contact combative concept. A combination of mixed martial arts moves and fitness drills using mits and kick shield, get ready for muscle burn and an elevated heart rate to build functional strength, speed and endurance.

**PILATES** - Traditional matwork exercises developed by Joseph Pilates, focusing on body conditioning and postural alignment for strong core and stabilising muscles. All levels.

**REVIVE** - This class is designed for over 55's to improve overall fitness with an emphasis on cardiovascular fitness, muscle strength, balance and mobility.

**SPIN** - Bringing the outdoor elements into our indoor cycling studio. Benefits include aerobic fitness, calorie burn, lower body strength and tone. Suitable for all fitness levels! 45 minute class. SPIN XPRESS is 30 minutes.

**SUPER CROSS** - Where no two workouts are ever the same, this ultimate fitness class incorporates resistance and conditioning drills in structured sets against time.

**TABATA** - Need a short yet effective workout? Use your body weight and small props to plow through four-minute rounds of 20 seconds work with 10 seconds rest. Scientifically proven to get you results. 30 minute class.

**WOD-25** - Work Out of the Day. 25 minutes of intense functional full body exercises incorporating equipment such as Battle Ropes, TRX, Plyometrics and much more. (Restriction of 10 per class)

**YOGA** - A Yoga class for all levels. Experience flowing and dynamic postures with a focus on breath control, strength, balance and flexibility to condition your body and your mind. Our Yoga teachers are experienced in various styles including Ashtanga, Iyengar, Hatha and Vinyasa Yoga.

**REFORMER PILATES** - A 50-minute class using reformer Pilates machines - great for increasing strength, postural alignment, developing strong core and improve overall body movements and function. Fees apply and bookings essential.

# YOUR GROUP FITNESS TIMETABLE

GET FIT. STRONG. FAST. FLEXIBLE



## OUR FACILITY IS OPEN 24/7!

### STAFFED HOURS

Mon - Thurs	6am - 9pm
Friday	6am - 7:30pm
Sat - Sun	8am - 3:30pm
Public Holidays	8am - 3:30pm

### CRÉCHE HOURS

Monday - Friday	9am - 12pm
Wednesday Evening	4.30pm - 7.30pm
Saturday	8am - 11.30am

C-LIFE HEALTH CLUB  
26 Bridge Road Belmore NSW 2192

Ph: 9704 7712 or 9704 7715  
Fax: 9740 7904  
www.clifehealth.com.au  
healthclub@canterbury.com.au

Follow us @clifehealthclub @clife.health



# YOUR GROUP FITNESS TIMETABLE

Studio 1

Studio 2

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM		<sup>NEW</sup> H.I.T	H.I.T	PILATES			
6.30AM							
7.00AM						SUPER CROSS	
7.30AM							
8.00AM						BOX	PILATES
8.30AM							
9.00AM	H.I.T30	H.I.T30	H.I.T30	H.I.T30	H.I.T30	LES MILLS BODYPUMP	
9.30AM		BOX	LES MILLS BODYPUMP	MMA FIT	LES MILLS BODYPUMP		
10.00AM						YOGA	
10.30AM	LES MILLS BODYPUMP	PILATES	BELLY DANCING	PILATES	BELLY DANCING		
11.00AM							
5.00PM							
5.30PM	CORE	SUPER CROSS	<sup>NEW</sup> LES MILLS BODYPUMP	H.I.T	<sup>NEW</sup> LES MILLS BODYSTEP		
6.00PM	TABATA						
6.30PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	<sup>NEW</sup> LES MILLS BODYSTEP	LES MILLS BODYPUMP			
7.00PM							
7.30PM	YOGA	BOX	BELLY DANCING	BOX			
8.00PM							

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM	BLITZ				TABATA		
6.30AM		TABATA		TABATA	BOX EXPRESS		
7.00AM							
7.30AM							
8.00AM						PILATES	
8.30AM	REVIVE	REVIVE	REVIVE	<sup>NEW</sup> REVIVE	REVIVE		
9.00AM							
9.30AM	LES MILLS BODYATTACK	BLITZ		LES MILLS BODYATTACK	YOGA		
10.00AM							
10.30AM							
11.00AM							
5.00PM							
5.30PM		BLITZ	CORE				
6.00PM		CORE	TABATA				
6.30PM	PILATES		PILATES	TABATA			
7.00PM							
7.30PM		PILATES		YOGA			
8.00PM							

## Athletic Rig

(W.O.D25: Restriction of 10 members per class)

	MON	TUES	WED	THURS	FRI	SAT	SUN
8.30AM							
9.00AM	W.O.D25	W.O.D25	W.O.D25	W.O.D25	W.O.D25		

## Spin Studio

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM							
6.30AM					SPIN EXPRESS		
7.00AM							
7.30AM							
8.00AM							
8.30AM							
9.00AM						SPIN EXPRESS	
9.30AM	SPIN		SPIN		SPIN	SPIN EXPRESS	
10.00AM							
6.00PM			SPIN EXPRESS				
6.30PM		SPIN					
7.00PM							

## Reformer Studio

Fees apply\* Please refer to Reformer Brochure for more information

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM					REFORMER		
7.00AM							
8.00AM	REFORMER				<sup>NEW</sup> REFORMER	<sup>NEW</sup> REFORMER	REFORMER
9.00AM		<sup>NEW</sup>	<sup>NEW</sup>	<sup>NEW</sup>	<sup>NEW</sup>	<sup>NEW</sup> REFORMER	REFORMER
10.00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
11.00AM			REFORMER	REFORMER		REFORMER	
12.00PM		REFORMER		REFORMER			
5.00PM		<sup>NEW</sup>					
6.00PM	REFORMER	REFORMER	REFORMER	REFORMER			
7.00PM		<sup>NEW</sup>	REFORMER	REFORMER	<sup>NEW</sup>		
8.00PM	REFORMER						

- Class lengths are 55 minutes & 30 minutes
- Reformer classes are 50 minutes
- Blitz classes are 45 minutes
- Please ensure you arrive on time to participate in the class warm up
- Instructors reserve the right to refuse entry if the warm up is missed for the safety of participants
- **MUST HAVE CLASS TICKET TO PARTICIPATE**