



# BEACH CLASS TIMETABLE

## Monday

08:00 Yoga                      45mins                      Bex

## Tuesday

09:30 Beach Blast            30mins                      Steve.O

17:30 Bootcamp                45mins                      Tegan

## Thursday

08:00 Yoga                      60mins                      Bex

09:30 Beach Blast            30mins                      Steve.O

# CLASS DESCRIPTIONS

## BOOTCAMP

Military style fitness that encompasses many training styles. Get those endorphins pumping!

## YOGA

Develop your mobility and strength and progress through different movements to find your inner Zen. Start your day with fresh air and a fresh mind

## BEACH BLAST

A fun mix of body weight resistance and cardio training. Designed to burn calories, get the heart pumping and to build lean muscle.

# YOUR KEY TO FITNESS



Cardio Based - For Burning Fat, Improved Cardiovascular Health and all-round Fitness



Resistance/Tone - Ideal if your goals are focused around creating a leaner physique



Fun loving - These classes are based on enjoyment and making new fitness friends!



Mind, Body and Soul - These classes will help relax, de-stress and unwind