



GROUP FITNESS TIMETABLE

Unlimited
Group Fitness
Classes
JUST \$24.95
per week!

www.young4life.com.au

As of December, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30am			Circuit Pt Studio 45 mins		Strength & Tone Pt studio 45 mins	
6am	Tabata Group Fit Studio 30 mins	Box Fit Group Fit studio 45 mins		Cardio Crush Group Fit Studio 30 mins		
6.15am			Circuit Pt Studio 45 mins		Strength & Tone Pt studio 45 mins	
6.30am	AB Blast Group Fit Studio 20 mins			AB Blast Group Fit Studio 20 mins		
8am						Super Saturday GF studio/ PT/ Oval 60 mins
9.30am			Strength & Tone Pt studio 45 mins		Circuit Pt Studio 45 mins	
5pm		Tabata Group Fit Studio 30 mins		Tabata Group Fit Studio 30 mins		
5.30pm		AB Blast Group Fit Studio 20 mins		AB Blast Group Fit Studio 20 mins		
6pm	Circuit Pt Studio 45 mins	Cardio Crush Group Fit Studio 30 mins	Strength & Tone Pt studio 45mins Yoga Upstairs 60 mins	Box Fit Group Fit studio 45 mins		
6.30pm						

AB BLAST: A short class focusing specifically on core strength & conditioning

BOX FIT: High intensity class with a boxing focus. Ideal for improving strength, endurance, cardio output and weight loss.

CARDIO CRUSH: A mixture of different cardio activities designed to test your lungs. May include running, rower, bike, skipping etc.

CIRCUIT: A mixture of cardio and resistance designed to tackle your whole body whilst keeping your heart rate to a maximum.

KETTLEBELL: Elevate your heart rate with this Russian military special forces workout equipment & build strength & endurance

STRENGTH & TONE: Dumbbells, Barbells, Kettlebells, lifts, curls and more. Strengthen your entire body with this awesome class.

SUPER SATURDAY: Super High intensity class that can involve anything and everything indoors or outdoors. Toughest session of the week.

TABATA: A HIIT (High Intensity Interval Training) workout featuring stations which last 4 minutes each.

YOGA: Designed to increase core stability & flexibility & introduce you to basic yoga poses. Meditation and breathing included

@ East Fremantle Football Club, Moss St, East Fremantle



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