



# GROUP FITNESS TIMETABLE

[www.young4life.com.au](http://www.young4life.com.au)

*RAVE  
ZONE*

As at JULY 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30am	<b>FUSION</b> ∞	<b>BURN</b> 🔥	<b>EMPOWER</b> 💪	<i>RAVE X</i> 🤘	<b>SWEAT</b> 💧	
6.15am	<b>EMPOWER</b> 💪	<i>RAVE X</i> 🤘	<b>SWEAT</b> 💧	<b>BURN</b> 🔥	<b>EMPOWER</b> 💪	
7am						<b>SUPER SATURDAY</b>
8am						<i>RAVE X</i> 🤘
9am	<b>MAT PILATES</b>	<b>SWEAT</b> 💧	<b>YOGA</b> 🧘	<i>RAVE RIDE</i> 🎵🚲	<b>EMPOWER</b> 💪	<i>RAVE RIDE</i> 🎵🚲 (8.45am)

5pm		<b>LEGS, BUMS, TUMS</b>		<b>LEGS, BUMS, TUMS</b>		
5.30pm	<b>EMPOWER</b> 💪	<b>BURN</b> 🔥	<i>RAVE RIDE</i> 🎵🚲	<b>SWEAT</b> 💧		
6.15pm	<i>RAVE RIDE</i> 🎵🚲	<b>YOGA</b> 🧘	<b>MAT PILATES</b>	<b>EMPOWER</b> 💪		

## JOIN TEAM Y4L

Access all Group Fitness Classes  
JUST \$39.95 per week!

Book via MINDBODY.app

Pre exercise SCREENING forms required prior to starting classes

@ 9/89 Petra St, East Fremantle



0422 781 317



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## GROUP FITNESS CLASS DESCRIPTIONS

**FUSION** A mixture of cardio, resistance & core designed to tackle your whole body whilst keeping your heart rate to a maximum.

**BURN** This more static style of class involves high repetitions of specific exercises combined with specific class structures to unleash the fire within and feel the burn through every muscle in your body. Involves weights, core, bands and bodyweight exercises

**EMPOWER**: Dumbbells, barbells, kettlebells, lifts, curls and more. Strengthen your entire body with this awesome class.

**SWEAT**: This high energy, heart pumping cardio dominated class to provide you the ultimate fat burning class. Shredder is designed to tap into your bodies different energy systems and combined with the ever-changing exercises and structure ensures that this is the ultimate workout for all.

**MAT PILATES**: Our mat Pilates is a low impact class that involves using your own bodyweight to strengthen and lengthen your core muscles whilst also strengthening and tightening your legs, bum and arms.

**LEGS, BUMS & TUMS**: A low impact 30 minute class consisting of leg, glute & core activities.

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

**YOGA**: Designed to increase core stability & flexibility. Introduces you to basic Yoga poses, meditation and breathing.

**RAVE RIDE** is the ultimate rhythm ride/ spin class experience. 45 minute, sweat dripping class! Immerse yourself in the energy around you as you become one with the bike. A dance party on the bike.

**RAVE X** Is a high energy, low impact 45 minute cross training class involving bike and weights to maximise fatigue and accelerate gains. ⚠️ CAUTION- May involve flashing lights and awesome music



scan here for  
your PDF  
version

Book via  MINDBODY app

Pre class screening required prior to attending classes

Email [admin@young4life.com.au](mailto:admin@young4life.com.au) to secure your pre class screening.

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