

MON	TUES	WEDS	THURS	FRI	SAT	SUN
BOOTCAMP 6 - 6.45AM **		BOOTCAMP 6 - 6.45AM **		BOOTCAMP 6 - 6.45AM **		
	ACTIVE AGING 10.30 - 11.15AM ***		ACTIVE AGING 10.30 - 11.15AM ***	ACTIVE AGING 10.30 - 11.15AM ***	CIRCUIT 9.30 - 10.15AM *	
	ACTIVE AGING 11.30 - 12.15PM ***	DIABETES CLASS 12 - 1PM ***		ACTIVE AGING 11.30 - 12.15PM ***		
	ACTIVE AGING 12.15 - 1PM ***			ACTIVE AGING 12.15 - 1PM ***		
ARTHRITIS HOUR 1 - 2PM ***		BOXING 6.30 - 7.15PM **				
CIRCUIT 7.15 - 8.15PM *		YOGA ADVANCED 6.30 - 7.30PM **				
		YOGA 7.45 - 8.45PM **				

The 11.30 - 12.15pm class is offered at both Studios

**CLASSES WITH:**

- \* are open to Members only (free)
- \*\* are open to Members and Non-members for a fee per intake (Members get a 50% discount)
- \*\*\* are open to Members (free) and Non-members (casual fee per class applies)

Silverstream Studio

Queen Street Studio

Silverstream Bowling Club

## CLASS DESCRIPTIONS

**Bootcamp** involves combinations of cardio, body weight exercises, kettlebells, speed, agility, and boxing. Sessions keep you challenged and motivated. Sign up for 2 or 3 sessions a week.

**Circuit** alternates bursts of cardio and strength exercises with short periods of rest. Strength work includes a mixture of body weight and equipment based exercises. No circuit is the same. Members only. Intensities - Mon night 9/10; Sat morning 7/10.

**Active Aging** is a circuit group with exercises primarily focused on balance, strength, and movement to help with every-day activities. The circuit is supervised and suitable for all levels of fitness age 55+.

**Diabetes Class** is an aerobic-style workout designed improve cardiovascular function, while still working with you at your own intensity. We take optional blood sugar levels at the start of each session so you can monitor your reading over time.

**Boxing** is a fun class that improves overall strength, speed and fitness through a mixture of boxing and body weight exercises.

**Arthritis Hour** is 10-60 minutes of gentle movement-based exercise. How much and what you do is dependent on your capabilities. We provide thorough supervision, support, and advice from our experts.

**Yoga** is a Hatha style practice concentrating on physical health and mental well-being. It uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.



www.theexercisestudio.co.nz  
info@theexercisestudio.co.nz / 04 9396088