


MON	TUES	WEDS	THURS	FRI	SAT	SUN
BOOTCAMP 6 - 6.45AM **		BOOTCAMP 6 - 6.45AM **		BOOTCAMP 6 - 6.45AM **		
	ACTIVE AGING 11.00 - 11.30AM (Members Only) *			ACTIVE AGING 11.00 - 11.30AM (Members Only) *	CIRCUIT 9.30 - 10.15AM *	
	ACTIVE AGING 11.45 - 12.15PM (Members Only) *			ACTIVE AGING 11.45 - 12.15PM (Members Only) *		
	ACTIVE AGING 12.15 - 1PM (Casuals Welcome) **			ACTIVE AGING 12.15 - 1PM (Casuals Welcome) **		
		HIIT with CHLOE 6.30 - 7.15PM **				
		YOGA TBC				
CIRCUIT 7.15 - 8.15PM *		YOGA TBC				


 HIIT with Chloe is @ Silverstream School Tennis Courts

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)

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+.

HIIT with Chloe is a fun class that improves overall strength, speed and fitness through high intensity interval training. (This class is a temporary replacement of Chloe's Boxing Class due to Covid restrictions).

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.



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