

HBF Stadium Group Fitness Sculpt and strengthen

Use dumbbells, barbells, resistance bands or body weight to build strength and endurance. *Group fitness (/gym/group-fitness/)* classes use all the major muscle groups and formats focus on core, upper body or lower body exercises.

BODYPUMP

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and instructors and your choice of weight inspire you to get the results you came for – and fast!

CXWORX

Exercise muscles around the core - to make you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. All the moves in CXWORX™ have options, so it's challenging but achievable for every level of fitness.

MaxNRG

An intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. This circuit style class builds strength, endurance and stamina. Please note a moderate level of fitness is required for this class.

For more information about any of the sculpt and strengthen group fitness classes on offer at the [Claremont gym \(/gym/\)](#), please complete the online form below.

Morning classes

- *Teen Fit friendly classes*

Monday 22/11	Tuesday 23/11	Wednesday 24/11	Thursday 25/11	Friday 26/11	Saturday 27/11	Sunday 28/11
6:15am - 6:45am CORE Group X Room	5:45am - 6:45am BODYPUMP Group X Room	6:15am - 6:45am CORE Group X Room	5:45am - 6:45am BODYPUMP Group X Room	9:30am - 10:15am BODYPUMP 45 Group X Room	7:30am - 8:00am CORE Group X Room	8:30am - 9:15am BODYPUMP 45 Group X Room
9:30am - 10:15am BODYPUMP 45 Group X Room	8:45am - 9:15am CORE Group X Room	8:30am - 9:15am BODYPUMP 45 Group X Room	8:45am - 9:15am CORE Group X Room		8:30am - 9:15am BODYPUMP 45 Group X Room	9:30am - 10:00am CORE Group X Room
	10:30am - 11:30am BODYPUMP Group X Room	10:30am - 11:00am CORE Group X Room	10:30am - 11:30am BODYPUMP Group X Room			

Afternoon / Evening classes

- *Teen Fit friendly classes*

Monday 22/11	Tuesday 23/11	Wednesday 24/11	Thursday 25/11	Friday 26/11	Saturday 27/11	Sunday 28/11
5:00pm - 5:30pm MaxNRG Express Group X Room	12:30pm - 1:00pm MaxNRG Express Group X Room	12:30pm - 1:15pm BODYPUMP Group X Room	6:00pm - 6:30pm MaxNRG Express Group X Room	12:30pm - 1:00pm MaxNRG Group X Room		
5:30pm - 6:00pm CORE Group X Room		5:30pm - 6:30pm BODYPUMP Group X Room				
6:15pm - 7:15pm BODYPUMP Group X Room						