

# HBF Stadium Gym Teen fitness

## Want to train as a family in a safe, fun environment?

Fit Club Membership gives 12 - 15 year olds managed access to our health and fitness services and a head start to establishing a healthy, active routine for life.

### Morning classes

- Fit Club friendly classes

Monday 6/7	Tuesday 7/7	Wednesday 8/7	Thursday 9/7	Friday 10/7	Saturday 11/7	Sunday 12/7
5:45am - 6:15am <b>Metafit</b> Group X Room	6:00am - 6:45am <b>RPM 45</b> Cycle Studio	5:45am - 6:15am <b>METAFIT</b> Group X Room	8:30am - 9:15am <b>YOGA</b> Evolve Studio	5:45am - 6:30am <b>MAX NRG</b> Group X Room	7:15am - 7:45am <b>METAFIT</b> Group X Room	8:30am - 9:15am <b>Aqua Fitness</b> Aquatic Centre
6:15am - 6:45am <b>CXWORX</b> Group X Room	8:30am - 9:15am <b>Pilates Matwork</b> Evolve Studio	6:00am - 6:45am <b>RPM</b> Cycle Studio	8:30am - 9:00am <b>CXWORX</b> Group X Room	6:00am - 6:45am <b>RPM 45</b> Cycle Studio	7:45am - 8:15am <b>CXWORX</b> Group X Room	9:30am - 10:15am <b>Aqua Fitness</b> Aquatic Centre
8:30am - 9:15am <b>Pilates Matwork</b> Group X Room	8:30am - 9:00am <b>CXWORX</b> Group X Room	6:15am - 6:45am <b>CX WORX</b> Group X Room	9:30am - 10:15am <b>Pilates Matwork</b> Evolve Studio	8:30am - 9:15am <b>BODYBALANCE45</b> Group X Room	9:30am - 10:30am <b>Pilates Matwork</b> Evolve Studio	9:30am - 10:00am <b>CXWORX</b> Main Arena
8:45am - 9:15am <b>RPM Express</b> Cycle Studio	9:30am - 10:15am <b>BODYBALANCE 45</b> Evolve Studio	8:45am - 9:15am <b>RPM Express</b> Cycle Studio	9:30am - 10:15am <b>ZUMBA 45</b> Group X Room	8:30am - 9:15am <b>Pilates Matwork</b> Evolve Studio	9:30am - 10:15am <b>BODYSTEP 45</b> Group X Room	10:30am - 11:30am <b>Pilates Matwork</b> Group X Room
9:30am - 10:15am <b>Pilates Matwork</b> Evolve Studio	9:30am - 10:15am <b>ZUMBA</b> Group X Room	9:30am - 10:30am <b>Pilates Matwork</b> Evolve Studio	10:30am - 11:30am <b>Pilates Matwork</b> Evolve Studio	9:30am - 10:15am <b>RPM 45</b> Cycle Studio	10:30am - 11:30am <b>Pilates</b> Group X Room	
10:30am - 11:30am <b>BODYSTEP</b> Group X Room		9:30am - 10:15am <b>BODYBALANCE</b> Group X Room		10:30am - 11:30am <b>Pilates Matwork</b> Group X Room	11:00am - 12:00pm <b>Yoga</b> Evolve Studio	
10:30am - 11:00am <b>Stretch and Flex</b> Evolve Studio		10:30am - 11:30am <b>Pilates Matwork</b> Evolve Studio		10:30am - 11:00am <b>Stretch and Flex</b> Evolve Studio		
		10:30am - 11:00am <b>CXWORX</b> Group X Room				

### Afternoon / Evening classes

- Fit Club friendly classes

Monday 6/7	Tuesday 7/7	Wednesday 8/7	Thursday 9/7	Friday 10/7	Saturday 11/7	Sunday 12/7
12:30pm - 1:30pm <b>Pilates Matwork</b> Group X Room	5:30pm - 6:30pm <b>BODYSTEP</b> Group X Room	4:15pm - 5:00pm <b>Fit Club</b> Group X Room	12:30pm - 1:30pm <b>Pilates Matwork</b> Group X Room	5:00pm - 6:00pm <b>Pilates Matwork</b> Group X Room		
4:15pm - 5:00pm <b>Fit Club</b>	6:30pm - 7:30pm <b>Pilates Matwork</b>	5:00pm - 5:30pm <b>METAFIT</b>	6:30pm - 7:30pm <b>Pilates Matwork</b>			

Group X Room	Evolve Studio	Group X Room	Evolve Studio			
5:00pm - 5:30pm <b>Metafit</b> Group X Room		6:30pm - 7:30pm <b>Pilates Matwork</b> Evolve Studio				
5:30pm - 6:00pm <b>CXWORX</b> Group X Room						

## Cardio

These high energy cardio classes will get your heart rate up, increase blood circulation and burns calories.

### METAFIT™ HIIT

Created by a former Royal Marine Commando, Metafit HIIT combines traditional bodyweight exercises with the latest high intensity interval training (HIIT) techniques to set the metabolism on fire! 30 minute EXPRESS format.

### BODYSTEP™

BODYSTEP is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

### Get active

Classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Classes aimed at seniors and injury recovery or rehab.

### ZUMBA®

Party yourself into shape. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. ZUMBA® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

## Core strength

### Core abs express

A half hour of intense core work. You'll work your entire core and learn new exercises to help sculpt the body. This class is for all fitness levels, and is a great way to fit a quick but challenging workout into your busy day.

## Mind and body

These classes assist with flexibility, core strength and balance whilst uniting your mind, body and spirit.

### Pilates matwork

Pilates focuses on strengthening the core through stretching and breathing exercises. It creates a balance in the body that leads to physical and mental relaxation.

### Hypnolates ®

Hypnolates is a fusion of Pilates and meditational hypnosis. Discover the secrets of the mind. Relax and develop a powerful sense of self-motivation and feel compelled to achieve your goals. Sink into a trance-like state to help boost your subconscious, and move towards the best possible life.

### Balanced core

Balanced core is a low-impact class for all ages and fitness levels based on the principles of Pilates. It focuses on the core muscles critical for flexibility.

### Yoga

Yoga and Iyengar Yoga are available on the timetable. Develop strength, mobility and stability as you are guided through postures by expert instructors. We teach you about body discipline and mental stability allowing you to challenge the body whilst relaxing the mind. Suitable for all ages and fitness levels, yoga is perfect for beginners, experienced yogis or anyone looking to incorporate a mind and body routine into their fitness regime.

**Yoga** comprises of rhythmic sequenced postures, static postures, breathing and meditation, designed to increase stamina, strength and flexibility.

**Iyengar Yoga**, a form of Hatha yoga is based on giving primacy to the physical alignment of the body in the poses. Iyengar Yoga classes use blankets, blocks, straps, pillows, chairs, and bolsters to assist with ideal alignment.

## Cycle

Enjoy a high energy workout with RPM™ and cycle classes

### RPM

RPM™ is an indoor cycling class set to motivating music. It burns major calories and gets you fit using simulated climbs and sprints. Instructors show you the basic cycling moves of standing and sitting, changing hand positions, speeding up slowing down. You control your resistance levels and speed, so you can build your training level over time. RPM™ comes in 45 and 30 minute formats.

### Cycle

Cycle classes use stationary bikes to increase endurance and tone the legs. Your instructor leads you on a ride simulating both hilly and flat terrain. This a very popular class. Class duration is 55 minutes.

## Teens only

A dedicated class just for Fit Club teens.

This class uses a combination of cardio and resistance training activities to build fitness and conditioning to a new level. Classes include closely supervised access to the gym cardio and weights equipment plus group fitness room facilities. The emphasis is on having fun while promoting the benefits of exercise.