

THE SHAPE UP ISSUE

HOW TO:
**GET PEC
PERFECTION**

Paul Haslam explains it's
all about angles

From **Bulk** to *Bride*

Another member shares
her success story

FEET HURT?

Podiatrist Haydar
Ozcan gets to the
foot of the problem

London 2012

Amanda Scrivenor
reveals her olympic
hopes for the Women's
Match Racing Team

Exclusive: Rosa Maria's

12 week shape up plan

Follow her complete body workout **INSIDE**



Member Success Story

Editor's Note

I can think of no better way to start our March to May Edition of the City Gym magazine than with two amazing member success stories. Whether it's a body transformation or a sporting achievement, we want to hear about your stories so keep them coming!

In Eighteen months Zsanett lost an incredible 12 kilos, shed 5cm from her waist and dropped 2 dress sizes.

Zsanett explains how she did it and how her City Gym Personal Trainer Mark Moon helped transform her from **bulk to bride**

What advice did Mark give you that helped you the most?

Mark changed the way I thought about training. When I used to compete as a fighter my goal was always to have strength, power and stamina and because I used to fight for years in karate my goal was never to look good but to win the fight. After sustaining 2 knee reconstructions I guess on return to training I didn't really know where to start. The training I used to know was now redundant as my knees were weak and also my goal was now to look leaner and of course to be slim for my wedding! I think it was a challenge to Mark, as well, to change my bulky body so he constantly mixed and changed the training routine till we found the winning formula. Mark was also able to get around my knee injury and was able to help me strengthen the muscles around it. I continued with Mark's formula and have achieved the desired results after a long 1.5 years!!! I could not have done it without him changing the way I thought about training and changing my body shape, especially my upper body where I carried a lot of the weight!

What was your self esteem and confidence like before you made your transformation?

I have always been confident, I was never really fat just bulky but I guess to change your whole body is the challenge especially when you only have an extra 10 kg. We can all lose weight with diets and look slimmer but to actually change your body shape is much harder and takes longer

What were the reactions from friends and family when they saw the new you on your wedding day?

Well everyone knew me as Zsanett the fighter (the girl with power and bulk) but finally I was a princess!

Mark Moon (Personal Trainer) can be contacted on 0415 529 659



From **Bulk** to *Bride*

Zsanett's Story



Zsanett BEFORE

Ready, Set, Match....

City Gym member Amanda Scrivenor speaks to Justin about the **Women's Match Racing Team** and the 2012 olympic dream

Tell us about the Women's Match Racing team. How many of you are there in the team? Do you all have allocated roles and if so what is yours?

There are 9 of us at the moment. We started with 14 and will go to 6 in the coming months and 3 will be chosen to represent Australia in the 2012 Olympics in London.

For now we have 3 skippers (helms/drivers) and they are the only ones with their rolls set. The rest of us swap between main sheet hand and bowman. In time our positions will be set. At the moment I am mainly the bowman. I was a skipper when the squad was larger but I am now a crew.

Can you name all the sailing comps that you have won as part of the team (and individually)?

2009 Womens Match Racing world championships (on our 3 month trip in Europe last year the squad won 5 out of 6 events and placed 2nd in 3 events and one 3rd. 2008 2nd women's nationals, 3rd in Harken Women's international, 2nd in Bavaria youth international; the squad was selected on the results of the women's nationals in this year.

I have been Match Racing for 4 years but sailing for 10 years now. I also have a passion for offshore racing and have done 2 Rolex Sydney to Hobart yacht races.

You race with each other and in competition with each other – does that ever lead to tension amongst the squad members?

It is amazing how well everyone gets along. I think it is because we are always sailing with different people and we don't have time to develop rivalries. Deep down I think we all know that we are all in competition with each other. But for now we are all learning from each other.

How many of the team are also City Gym members?

There are 4 of us in the squad that belong to city gym. (Rayshale Martin, Olivia Price, Nicky and myself) Having training partners at the gym makes the sessions more enjoyable

Women's Match Racing will take place for the first time ever in the London 2012 Olympics – and bets are already on that Australia (you guys!) will win! However....there are nine of you and only three will make the team. What do you think your chances are?

At the moment with 9 in the squad our next challenge is to make the next cut when the squad goes to six. After that it is anyone's guess as to who will go. It all becomes too close to call and all we

can do is get out there and sail well. The squad won the first world cup event in the Olympic boats so yes we see ourselves as a force to be reckoned with. We were also one of the only nations that had this type of boat before they were named as an Olympic class so we have seen the rest of the world catch up to us rather quickly once they got them.

How important is your gym routine to the success of your sailing?

Many people see sailing as Champagne cruising with cheese and biscuits, while we do enjoy this sort of sailing it is not what the squad is about. We may spend 9 hours on the water a day and do that 4 days in a row. Fitness and strength is key to our success. Strength is key when we spend days on the water in upwards of 20knots (40km/h). The boat is under heaps of load and core strength is vital for hiking and balance.

In a tough week we have 4X 4hour training sessions after work with one on the weekend. On top of this we are expected to do 3 weights sessions a week and 3 cardio sessions a week.

So olympic glory in 2012? I reckon it's plain sailing from here on in for the Australian team.....



Amanda and team at the Harken Women's International Match Racing Regatta in Sydney (both pictures)

Rosa Maria

Our cover girl and Australasia's number one IFBB figure professional, Rosa Maria consistently placed top ten in all her fitness shows last year.

Currently Rosa is ranked in the top 10 in the world having recently been invited to the largest fitness event of the year, Arnold Classic Figure International.

Rosa is a mother of two boys Dylan 9 & Jaime 8. Apart from competing and personal training, she also works as an international flight attendant, television spokes model for fitness & beauty products, and is an official judge for the NPFC/IFBB.

Rosa told us how she got into the fitness industry. 'I had always been fit and healthy however, it wasn't until after the birth of my two boys that I began training seriously with weights. I found the best way to get in shape after giving birth was to incorporate weights and cardio with a well balanced diet. Since then I have been awarded Miss Australia 3 times, placed 4th in the World at the Amateur championships and now I am the highest ranked international professional in the USA'.

Now it's time for you to get in the best shape of your life! Rosa has devised a 12 week workout plan (see opposite!) and a 'Get lean Diet' to accompany it (in our next issue!).

Rosa's **12 week** Workout plan

Tone up in 12 weeks!

**Weights do 3-4 Sets
per Exercise**

6 Days
on & one
day off

**Cardio do 40 mins
AM x 6 days a week**

Day 1: CHEST & TRICEPS

CHEST: Do the below for 12 reps
Incline Barbell Press
Push Ups off a Stability Ball
Cable Cross Over
Peck deck

12 REPS

TRICEPS: 12 reps of:
French Press
Tricep Push Ups
Dumbbell kickbacks
Straight bar cable push down

ABS: 20 reps (giant set together)
Floor Crunches (slow and controlled)
Hip Tuck on Stability Ball (in a push up
position with your shins on the ball, roll your
knees into your chest while tucking your
hips up into the air, extend back out to your
push up position)
Leg Raises

Day 5: GLUTES, HAMSTRINGS & CALVES

GLUTES/HAMSTRINGS/CALVES: 15 reps of:
Step Ups (with 30lbs on your shoulders)
Single Leg Press (with your foot high on the platform)
Seated Hamstring Curl
Hack Squat
Seated Calf Raises
Calf Raises on Leg Press Machine

15 REPS

Day 2: QUADS & CALVES

15 reps for all these exercises:
Single Leg Press (foot low on the platform)
Leg Extensions
Leg Press (feet wide and down low on the
platform)
Step Downs (start on top of a bench, with one
leg behind you, slowly lower yourself down,
barely touch the floor and drive back up to your
starting position)
Single Leg Calf Raises on Leg Press
Calf Raises Seated

15 REPS

Day 3: BACK & BICEPS

BACK: 10-12 reps of:
Wide Grip Pull Ups
Barbell row
Close Grip Cable Rows
Pull overs

10-12
REPS

BICEPS: 12 reps of:
Straight Bar Curls
Concentration Curls
Hammer curls
Preacher curls

12 REPS

Day 4: SHOULDERS & ABS

SHOULDERS: 10-12 reps of:
Hammer Strength Shoulder Press
Single Arm Dumbbell Lateral Raise
Wide Grip Upright Rows
Rear Delt Exercise on Cable machine

10-12
REPS

ABS: 20 reps (giant set together of):
Crunch with a 10lb plate behind your
head
Reverse crunches
Crunches w/with a rope on a Cable
Machine

20
REPS



The Barbell Row

A) Stand with feet shoulder width, grasp barbell with hands directly under shoulders with a supinated (underhand) grip.



B) Bend at the knees and move hips back (tilt the pelvis), while dropping your ribcage to your upper thighs. Maintain alignment of neck, upper and lower back. Keep natural arch in lower back and do not allow to round.



C) Bend elbow and pull bar toward lower ribcage. Focus on expanding the chest finishing with shoulder blades squeezed together. The

- upper and lower arms should form a 90 degree angle with wrists under elbows. The upper arm & shoulder will form an angle of 30 degrees with the body.
D) Slowly return the arms to start position.

Prescription for Perfect Pecs

By City Gym Personal Trainer
Paul Haslam



Having a matching pair of thick, square pecs are on every man's wish list. It doesn't matter if they always rank behind abs and butt in the most admired category, almost every gym goer strives to improve their cleavage.

The pecs refer to the pectoralis major, a large fan shaped muscle.

It has two attachment points on the body. One of these is a continuous, expansive attachment from the collar bone, down through the breast-bone onto the ribs. The other is on a small groove at the top of the long bone of the upper arm, the humerus. These attachments underline why the most effective chest exercises are those in which the upper arm is drawn towards the midline of the body, albeit from a range of different angles.

In anatomy (A) and body building (BB) the pec is commonly broken down into two major sections, the clavicular (A) or upper (BB) pec (where the muscle fibres attach to the clavicle), and the meatier sternal (A) or lower (BB) pec (where the fibres attach to the sternum). What part of the muscle you hit with an exercise depends largely on the angle at which the upper arm is in comparison to the torso. If you stand up and straighten both arms in front of you so that they are parallel to the floor, you will find that the angle between your upper arm and the torso is approximately 90°. This is the same angle at which you would perform a flat Bench Press movement (barbell, dumbbell, machine). This angle utilises both sections reasonably well and forms the mainstay of most chest programs.

By changing the same angle to either greater or lesser than 90° it is possible to switch muscle activation to predominantly upper or lower pec. Incline movements are well known to induce upper pec stress and when analysed it can be seen that the angle at which the upper arm forms at the torso is more than 90°. Conversely an angle less than 90° will target the lower pecs more. Analysis of a decline movement or even a Chest Dip bears this out. The same principle can be applied to the Pec Deck exercise. By bringing the seat down and placing the arms higher on the pads, a large angle can be created thus placing more emphasis on the upper pec. By adjusting the seat higher and bringing the arms lower the lower pec can be stimulated.

In your quest for pectoral perfection try this routine that will utilise the three angles of attack to work the entire chest area. Pick 3 chest exercises, one that works at an angle greater than 90 degrees, one that works at 90 and one less than 90, from the following ABC options:

A >90°

Incline Dumbbell Press
Bar/Smith/Machine Incline Press
Low Pulley Cable Cross - Over

PEC FACT

Did you know that by changing the angle of the exercise it is possible to switch muscle activation to predominantly upper or lower pec.

B 90°

Flat Dumbbell Press
Bar/Smith/Machine Press
Pec Deck/Fly

C <90°

Decline Dumbbell Press
Bar Smith/Machine Decline Press
High Pulley Cable Cross-Over

Perform 3-4 sets of 8-12 reps for each exercise but change the order of exercises every workout in this fashion: ABC, BCA, CAB. Complete 3 of these cycles then pick 3 new exercises for the same angles and repeat.

Paul can be contacted for more info on 0407 105 573

Getting to the foot of the problem

Understanding lower limb injuries - by Podiatrist Haydar Ozcan

At Eastpoint Podiatry we commonly see problems associated with flat feet such as heel pain, ankle pain and shin pain. Toe nail problems are also very widespread. We can apply our training and experience to identify most orthopedic faults and injuries before they become an issue.

It is paramount for any active person to get his or her posture and gait to be assessed, regardless of age or activity level. Remember that most orthopedic injuries are different to your common head or tummy ache. By the time you start feeling the pain, it could be too late. The damage could have been already done (one common example is cartilage injuries due to faulty biomechanics).

Currently, about 19,000 hip and 20,000 knee replacements are performed for osteoarthritis in Australia each year. This number is increasing each year and our aim should be to reduce this number by preventing injuries especially due to faulty mechanics. By way of analogy, if your car had a flat tyre, you would of course change it straight away. Do not put up with pain and discomfort in your feet or incorrect posture. See an expert straight away.

Let me give you a common scenario. Most people get flat feet as they grow older. As the feet roll inwards, the calf muscles become tight and problems such as Achilles pain, arch and heel pain, knee pain may result. This excessive internal rotation of the lower limbs can cause the lower back to become more curved, resulting in back issues. This can be a particularly alarming issue if the anomaly is one sided or starts at an early age.

We often prescribe orthotics for such an ailment. Orthotics are bit like prescription glasses. They are and must be custom fitted. Every foot is different and thus can become faulty in a multitude of different ways. For this reason, orthotics must be individually customised to work efficiently under the supervision of your podiatrist. Your general practitioner or medical specialist might not be able to recognize faulty biomechanics. Therefore the most appropriate person for you to see is a podiatrist, as we watch people walk every day.

We provide numerous other podiatric treatments for a variety of ailments, including:
Ingrown toe nails and fungal infections;
Bunions and hammer toes;
Thickening of skin and corns; and

nerve impingement on the foot or the heels.

We also specialise in the analysis of children's posture and foot assessment.

Although most of our clients are referrals from other physicians, we also receive phone calls or direct visits from the public on topics related to running, exercise, and choosing the correct footwear.

Eastpoint Podiatry

This practice is run by Mr. Haydar Ozcan, Ms Leigh Birchley, and Ms Anna Campbell who are all board certified accredited podiatrists and who pride themselves on staying current with the most recent advances in podiatric medicine and surgery. We have 35 years of over-all experience in treating the most complex foot and



ankle disorders, biomechanical and sport injuries, and common toe nail problems. Principal podiatrist Mr. Ozcan is also an exercise physiologist and a podiatric surgical registrar.

Our goal is to educate each patient regarding their podiatric issue or problem

It is paramount for any active person to get his or her posture and gait to be assessed, regardless of age or activity level.

and begin a treatment program designed to provide the highest quality of care. Our office is state-of-the-art with TOG® GaitScan Pressure Analysis system, and Video Gait Treadmill Analysis. We have a particular interest and expertise in biomechanics and the function of the foot during the gait cycle. We have a wealth of experience treating problems caused by faulty or inefficient lower limb



Haydar Ozcan

I am an accredited podiatrist and senior resident with the Australian College of Podiatric Surgeons. I have over 13 years of experience and I practice with Anna and Leigh at Eastpoint Podiatry at Edgecliff, Sydney. Following podiatry school, I completed a Postgraduate Diploma in Sport Science and Exercise at Sydney University and attained my Masters in Podiatric Medicine from Curtin University in 2003. I am currently completing my fellowship with the Australian College of Podiatric Surgeons in order to become a Podiatric Foot and Ankle Surgeon. I have presented papers on topics relating to common foot disorders, foot surgery, Bunions and other arthritic conditions. I am on the board of Australian Podiatry Association (NSW) and am also affiliated with the American College of Foot & Ankle Surgeons. I am married and am the father of two boys.



biomechanics and/or a poor foot structure, either inherited or acquired. We are located near the Edgecliff Train Station and are open most days of the week.

Just call our lovely receptionist Lesley on 93624111, to book an appointment or visit www.easpointpodiatry.com.au

Ask Haydar yourself!
Come to our FREE seminar - Sat May 29th
Noon in STUDIO 1
At City Gym

Some facts about fats

The Good Fats vs the Bad Fats

Many of us trying to lose weight believe that cutting all fat from the diet will help to strip fat from the body. This however is not the case.

Fats are as important as protein in building and maintaining the body. It is important to differentiate which fats are best to use and why.

Fats can be divided into two groups:

Saturated and Unsaturated fat. Generally animals store fat as saturated fat while plants store fat as unsaturated fat (oil). The body differentiates between the two with saturated fats being used more for storage, insulation, heat and energy whilst unsaturated fats are used more for cell membrane maintenance and structure, hormones and metabolism.

Therefore when considering fat and weight loss fat sources should come from unsaturated (plant) sources and never from saturated (animal) sources.

Essential fatty acids (EFA's) are a group of naturally occurring fatty acids that cannot be synthesized by the body and therefore must be eaten in the diet. You may have heard the terms omega 3, 6 and 9. Omega 3 EFA's are found in flax seed oil, fatty fish such as salmon, tuna, and mackerel, sea greens, seafood, walnuts, hemp seeds, sesame seeds, and canola oil and Omega 6 are found in most nuts and beans, tofu, olives, and dark leafy greens. Omega 9 is no longer considered an EFA as it can be manufactured in the body from excess omega 3.

So what fat should you use when trying to lose weight? Focus should be on unsaturated (mono & polyunsaturated) vegetable oils.

Article by Nutritionist and City Gym Team Member Rodney Moore

The BAD Oils

Peanut
Cotton Seed

The Worst oils
High in saturated fat
Palm
Palm kernel
Coconut

The GOOD Oils

Flaxseed
(highest in omega 3)
Pumpkin seed
Soybean, Walnut,
Canola
Second Best
Almond, Virgin olive
Safflower, Sunflower
Corn, Sesame
Rice bran

The right fats used the right way will keep you looking healthy, will promote muscle growth, lower cholesterol and will influence the body to burn fat from fat stores.



Helen's Excuse Busters

Over the years I think I've heard them all, here's a few favourites & how to combat them with a change in your thinking.

1. I don't have time to exercise.
If you can find an hour to watch your favourite TV show, read a magazine, check your Facebook account or even catch up with friends you do have time it's just a matter of priorities. We've all got busy lives so a little time management is simply what's required. All City Gym Cardio machines have a TV so why not watch the news or your favourite TV show while burning a few extra calories. Get the idea?.... need more help give me a call.
(Fact - people who exercise have more time & more energy than their couch potato colleagues)
2. I'm too tired to exercise!!
Really??.... The only way to get over this one is just do it!! Even if it is true you are feeling too tired to exercise, it is also true that a regular exercise routine will improve your overall energy levels in a very short period of time. Sure if you've been training hard all week maybe a light workout or Yoga session is more appropriate.
(Tip if you're too tired after work try getting up a little earlier in the morning, sure it's hard to start with but you'll soon get used to it & reap the benefits all day)
(Fact - Regular exercise will also improve the quality of your sleep, enhance your mood & keep your brain more alert & active.)

Helen Penny is a Personal Trainer, Yoga Teacher, Nutritionist & Yoga Therapist here at City gym to contact her call 0411431486 hpenny@optusnet.com.au Or catch her Yoga classes Wed 6pm & Sat 1030am.

A Big Thank you from Personal Trainer Kevin Black

On the afternoon of October 24th 2009 I was hit by a motor vehicle whilst riding my bicycle. I was traveling from my home at Abbotsford to a race in Maroubra. Injuries sustained were, multiple fractures of my pelvis, 5 fractured ribs and minor lacerations of the legs. I spent one week in RPA Hospital and was then transferred to MetroRehab Hospital for another two weeks where I underwent four hours of physiotherapy a day. The injuries I sustained were painful and at times not very dignifying.

This was a very stressful time both emotionally and financially for my family and I, especially for my three children. During this time the support and help was amazing. From the visits in hospital, food drops, the phone calls, the text messages, the collection bucket and the overwhelming generosity of people. So I would like to take this opportunity to thank the owners, staff, members and my personal clients of city gym for all their help and support.

HAVE FUN AND GET FIT...

in a motivational class environment!

m STRENGTH

A barbell class designed to build both upper and lower body strength/endurance, plus shape and define every muscle from head to toe!

Why is M-Strength similar to doing weights downstairs?

We superset all muscle groups and do basic compound exercises' working every muscle, to build lean muscle mass, whilst maximising calorie burn, to achieve lasting results.

m EXPLODE

A cardio conditioning class with a difference, comprising of basic movements (NOT dance) with variations of running, jumping and compound lower body exercises.

Why is M-Explode similar to using the cross trainer or treadmill?

It is a cardio class, relative of what you would expect from training on the gym cardio equipment, however it is much more interesting and challenges your body further!

m EXPLORE

The most energetic and exciting cycle class you will ever do. Using a combination of rides, with varied terrain, you will increase your cardiovascular strength/endurance, as well as conditioning your lower body and core.

Why is M-Explore a great ride?

Each class is different so your body does not have an opportunity to adapt, maximising results.

These classes will change regularly, so your mind will never get bored and your body will be consistently challenged!

Why train by yourself when you can be upstairs with fun, friendly people, training at your own pace... or going 'head to head' with the instructor!

The choice is yours! Check out the BIG wall timetable on Level 1, in the main studio. **There is something for everyone!**

Should you have further group class fitness questions, please don't hesitate to contact Mark Moon on **0415 529 659**



Australian Sports Nutrition strives to help you reach your weight-loss goals by incorporating a nutritional eating plan, with supplementation, to speed up your body's fat burning ability. We aim to meet everybody's individual needs and take into consideration your lifestyle and training program.

Our friendly, specialized team have had many years experience in the fitness industry, including personal success with losing weight and keeping it off!

ASN is here to help YOU! Don't hesitate come in and see one of our experienced staff at one of our Sydney stores.

ASN is now opened on 79 Oxford Street Darlinghurst. Tel 9360 0222

Member Loyalty Program

Clothing and accessories

Brasilwear.biz The Activewear Shop
8 Goodhope Street, Paddington t: 9361 3067 M: 0411 802 843 www.brasilwear.biz
10% off for City Gym members, call Indie today!
Demon Leather
362 Riley St, Surry Hills t: 0438 666 550 www.demonleather.com.
Discounts on selected items
SOS Swimwear Shop
28 Flinders St, Taylor Square. www.william-sfashion.com City Gym members get 10% off t: 0411 242 806

Beauty and hair

Gallo Hair
Located opposite City Gym. 10% off – conditions apply. T: 9360 1192 www.gallohair.com
BONDIMAN
A range of skincare products developed exclusively for men
www.bondiman.com.au
BBeauty
The latest and safest technology in beauty treatments for both men and women. 5/150 Liverpool St, Darlinghurst. Present your membership card to enquire about the deals opposite or call Justine on 02 9326 9797

Eating out

La Mint Restaurant
French Vietnamese cuisine. 62-64 Riley St (behind City Gym) t: 9331 1818.
10% off for City Gym members
Iku Wholefood
Organic, Biodynamic, Vegetarian, Vegan, Macrobiotic, Gluten Free Food, 62 Oxford St T: 9360 5351 www.iku.com.au City Gym members spend \$10 & get a free Organics Water!
Santorini Restaurant
Healthy Greek Food and live entertainment while you eat!
10% off for members. Tel 9360 9342. 227 Oxford St, Darlinghurst.

Health Food & Supplements

Health Nuts
Your local health food store. Shop tg04, 82-94 Darlinghurst Rd, Kings Cross (Entrance Bayswater Rd) 10% off on selected items & free wheatgrass shot! t: 9331 5370
ASN - 10% off for all members! Great selection of supplements & expert knowledge. 79 Oxford Street Darlinghurst. Tel 9360 0222

Massage and Chiropractic Services

Crown St Acupuncture & TCM Centre
Acupuncture/Chinese Medicine/Chinese Herbs/Massage etc. Located opposite City Gym. 128 Crown St, t: 9368 0384 www.sydneyacupuncturecm.com
City Gym members get their initial consultation FREE!

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Ground Floor, 38-50 Mary Street, Surry Hills. T: 02 9211 9976 M: 0414 297 374 www.tiyce.com
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Amanda Mavunga Architects Pty Ltd
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bbeautifulstudio.com.au**

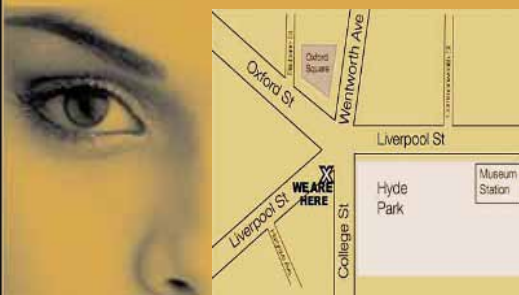
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MALE PACKAGE Includes:
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15% off all fares*
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weight to get away*

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To take advantage of this offer: (1) Log onto www.ba.com/citygym (2) If you are already a registered BA customer please log in & you will be re-directed (3) If you are not a BA member already simply click on "sign up now", register and then you will be re-directed to the offers page. (4) Book your flights! (5) Terms and Conditions apply, check with BA for details.



Timetable

March to May

City Gym 107 Crown St, East Sydney
 www.citygym.com.au T 02 9360 6247
 Open 5am to Midnight Mon-Fri
 6am to 10pm Sat, 8am to 10pm Sun
 Public holiday times TBA

	MON	TUES	WED	THURS	FRI		SAT	SUN
6.30am 55min		m STRENGTH	LES MILLS BODYPUMP	Box Circuit	LES MILLS BODYPUMP	8.30am 50min	Box Circuit	
10.30am 55min			LIVING STRONGER		LIVING STRONGER	9.30am 55min	m STRENGTH	
12.15pm 45min	m STRENGTH	m EXPLODE	m STRENGTH		Box Circuit	10.00am 90min		YOGA
1.00pm 55min	CRUNCH 30 MINS		STRETCH			10.30am 90min	KI-YOGA	
5.45pm 55min					LES MILLS BODYPUMP			
6.00pm 55min	LES MILLS BODYPUMP	LES MILLS BODYPUMP	m STRENGTH	m EXPLODE				
7.00pm 55min	m STRENGTH	Box Circuit	LES MILLS BODYPUMP	LES MILLS BODYPUMP		5.00pm 55min	LES MILLS BODYPUMP	LES MILLS BODYPUMP
8.00pm 30min		CRUNCH		CRUNCH				

	MON	TUES	WED	THURS	FRI		SAT	SUN
6.30am 50min	CYCLE	m EXPLORE	CYCLE	CYCLE		8.30am 45min	m EXPLORE	
12.15pm 45min	CYCLE	CYCLE		CYCLE		9.30am 50min	CYCLE	
5.15pm 45min			CYCLE					
6.00pm 45min		CYCLE	CYCLE	CYCLE				
7.00pm 45min	CYCLE	CYCLE						

	MON	TUES	WED	THURS	FRI		SAT	SUN
6.30am 55min								
1.00pm 55min		YOGA		YOGA				
6.00pm 55min	PILATES	PILATES	FLOW YOGA	X Dance				
6.15pm 55min					YOGA			
7.00pm 55min	YOGA			PILATES				



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DESCRIPTIONS



BODYATTACK®: A high intensity cardiovascular workout that combines energetic, athletic, high impact aerobic moves, interval training and strength conditioning.



BODYPUMP®: A pre-choreographed barbell workout that focuses on endurance training. Working each muscle group separately, you can tone the entire body.



BODYPUMP®/ BODYATTACK®: A hybrid class which combines the two classes. Get a great barbell pump and cardio (fitness) blast to give your muscles and lungs a workout they'll thank you for!



EXPLODE: A cardio conditioning class with a difference, comprising of basic movements (not dance) with variations of running, jumping and compound lower body exercises.



STRENGTH: A barbell class designed to build both upper and lower body strength/endurance, plus shape and define every muscle from head to toe!



BOX CIRCUIT: Is an action packed boxing workout, full of fun combinations and techniques. With pad, circuit and shadow boxing drills, there's plenty of variety. Great for fitness levels!



CYCLE: A cycle class that is choreographed by the instructor with a focus on increasing cardio vascular endurance as well as lower body strength.



EXPLORE: The most energetic and exciting cycle class you will ever do. Using a combination of rides with varied terrain, you will increase cardio endurance as well as condition your lower body & core.



STRETCH: A mixture of Yoga and Pilates exercises with a dynamic flow to help strengthen, stretch and mobilize every muscle and joint in the body.



PILATES: The Pilates floor mat class is a highly efficient method of body conditioning that focuses on developing a fitter, leaner and more supple body.



YOGA: If you can breath, you can do YOGA. Experience a new dimension to your energy levels, increase your strength, endurance, flexibility, control weight and relieve stress and tension.



KI-YOGA: Ki-Yoga is a dynamic yoga with lots of movement & repetition. It is a remedial system that stretches & strengthens not only your physical body but your Meridians, or energy pathways.



FLOW YOGA: A Flowing sequence of Yoga postures, along with Pranayama (regulation of the breath) & relaxation. Stretch and strengthen the body. Calm the mind.

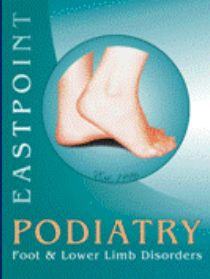


CRUNCH: This class will help you to build abdominal strength and a healthy back. Exercises focus on firming and defining the abdomen, and strengthening the lower back.



DANCE: With a combination of Latin, Hip Hop, Salsa and other dance styles, DANCE will find a way to bring out your inner dancer. So do you think you can.....

NB. The Living stronger class is a private class for people 60 years and over. Please enquire at reception.



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