

Group Fitness

| | MON | TUE | WED | THUR | FRI | SAT |
|--------|---------------|----------|----------|---------|-------------------|--------|
| 5.30am | | Urban | | BoxFit | | |
| 6.00am | Urban | | Urban | | | Urban |
| 8.05am | | | | | | BoxFit |
| 9.05am | Core Circuits | BoxFit | Circuits | TRX | Core Conditioning | |
| 5.35pm | | Circuits | | Extreme | | |
| 6.05pm | BoxFit | | BoxFit | | | |



Find a class which best suits you.

First 10 days
for \$10

Book your first class today!
Call 5578 8995

CORE CONDITIONING - Build a lean and strong mid section and flat stomach! A variety of Strength and Pilates techniques will help you improve your core, prevent injuries and back pain, and increase performance and energy levels!

BOX FIT - Jab, cross, hook, duck and weave to burn fat fast with this high energy boxing workout! Beginners welcome.

URBAN - This social session utilises the great outdoors with a workout that will get you sweating and puffing your way through a super cardio and strength based circuit.

TRX - Build total body strength and muscular endurance with TRX training! TRX suspension training helps you develop balance and stability with a deep core and body work out.

EXTREME CIRCUITS - Burn maximum calories and build your ultimate body! Involves high intensity cardio, weight training and advanced core exercises.

CIRCUITS - A class that offers both resistance and cardio training, a great way to build muscle and burn fat in a fun environment!



Robina Studio: 11B-30 Commerce Drive P 5578 8995

www.treatyourbodyright.com.au