

## **BODYPUMP®**

Is the original barbell class that strengthens your entire body. Get the results you came for fast!

## **BOXING FOR FITNESS**

Combination of jabs, hooks, uppercuts, knees and kicks in a cardiovascular workout and muscle toning session, a total body workout.

## **EZY FITNESS**

A low impact class designed for the active over 50s and those new to exercise designed to increase fitness in some and maintain a healthier more active lifestyle for others.

## **TRX**

Delivers a total-body workout using your bodyweight to create muscle-building resistance.

## **TABATA**

Is a High Intensity interval training workout: Tabata is based on 4 minute sessions of 20 seconds intense training then 10 seconds rest with a total number of 8 rounds.

## **SPIN**

Freestyle cycle classes to increase your cardiovascular fitness and burn calories. Intended to make you sweat!

## **EZY FIT T.R.X / CIRCUIT**

Focusing on improving posture and strength, this class focuses on muscular strength; good body alignment and balance along with developing & strengthening key muscle groups.

## **YOGA**

Is therapy that aims to unite the mind, body and soul. Designed for improved flexibility and breathing techniques, stress management and mind & body awareness

## **GROUP CENTERGY**

Is your 60 minutes to grow longer and stronger. Group Centergy incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat. **CENTER YOUR ENERGY.**

## **META FIT**

Is a fierce & wild workout designed to shape, sculpt & redefine your physique while injecting your body with an endorphin overload.

# **PINNACLE**

FITNESS CLUB



**PINNACLE GROUP  
FITNESS SPRING**  
TIMETABLE AS OF  
6TH OF NOVEMBER 2017

LIVERPOOL CATHOLIC CLUB SPORTS COMPLEX  
Cnr Hoxton Park & Joadja Roads, Prestons  
T 8784 4800 E [info@pinnaclefit.com.au](mailto:info@pinnaclefit.com.au)  
[www.pinnaclefit.com.au](http://www.pinnaclefit.com.au)



# - GYM GROUP FITNESS TIMETABLE -

|                   | MONDAY         | TUESDAY  | WEDNESDAY  | THURSDAY     | FRIDAY         | SATURDAY        | SUNDAY |
|-------------------|----------------|----------|------------|--------------|----------------|-----------------|--------|
| <b>MEZZANINE</b>  |                |          |            |              |                |                 |        |
| 5.45am            | BODYPUMP       |          | BOXING     |              | TABATA         |                 |        |
| 8.15am            | EZYFIT TONE    |          | EZYFIT TRX |              | EZYFIT CIRCUIT |                 |        |
| 8.30am            |                |          |            |              |                | TABATA TRX AREA |        |
| 9.30am            | BODYPUMP       |          | TRX        | BODYPUMP     |                |                 |        |
| 6.15pm            | BOXING         | BODYPUMP |            | BODYPUMP     |                |                 |        |
| 6.30pm            |                |          |            |              |                |                 |        |
| 7.15pm            |                |          | META FIT   |              |                |                 |        |
| <b>CYCLE ROOM</b> |                |          |            |              |                |                 |        |
| 5.45am            |                | SPIN     |            | SPIN         |                |                 |        |
| 9.30am            |                |          |            |              | SPIN           | SPIN            |        |
| 10.30am           | SPIN           |          |            |              |                |                 |        |
| 6.15pm            |                |          | SPIN       |              |                |                 |        |
| 6.30pm            |                |          |            | SPIN EXPRESS | SPIN EXPRESS   |                 |        |
| 7.15pm            | SPIN           | SPIN     |            |              |                |                 |        |
| <b>LADIES GYM</b> |                |          |            |              |                |                 |        |
| 8.30am            |                |          |            |              |                | YOGA            |        |
| 9.30am            |                | YOGA     |            |              |                |                 |        |
| 6.15pm            | GROUP CENTERGY |          | YOGA       |              | GROUP CENTERGY |                 |        |
| <b>OUTDOORS</b>   |                |          |            |              |                |                 |        |
| 6.00am            |                |          |            |              |                |                 |        |