

# SURGE FITNESS TIMETABLE - KINGS SQUARE CBD - STARTING 20<sup>TH</sup> SEPTEMBER - 2017



START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30 AM	TFW - HURRICANE - 45 MIN	FIT TO BOX - 45 MIN	SUNRISE VINYASA YOGA - 60 MIN			
8.30 AM						TFW - HURRICANE - 45 MIN
9.30 AM						VIN/YIN YOGA - 60 MIN
12.15 PM	BODYPUMP® EXP - 30 MIN	STAGES CYCLE EXP - 30 MIN	CXWORX® - 30 MIN	STAGES CYCLE - 45 MIN	BODYPUMP® EXP - 30 MIN	
		FIT TO BOX EXP - 30 MIN		KONGA - 45 MINS		
12:45 PM	STAGES CYCLE EXP - 30 MIN	VINYASA YOGA - 45 MIN	BODYPUMP® - 45 MIN		YIN YOGA - 45 MIN	
	BARRE EXP - 30 MIN					
1:00 PM				PILATES - 45 MINS		
1:15 PM	PILATES EXP - 30 MIN					
5.00 PM		BARRE - 45 MIN				
5.15 PM	TFW - HURRICANE - 45 MIN		TFW - HURRICANE - 45 MIN	BODYPUMP® EXP - 30 MIN		
5.30 PM	STAGES CYCLE - 45 MIN		STAGES CYCLE - 45 MIN			
5.45 PM		BODYPUMP® EXP - 30 MIN		CXWORX® EXP - 30 MIN		
6.15 PM	VINYASA YOGA - 60 MIN	CXWORX® EXP - 30 MIN	YIN ROLL & RECOVERY - 60 MIN			

**BOOKING REQUIRED** - Members of Surge Fitness are able to book in by *calling reception* or *from the online 'Members Login'* which can be accessed from our website. Please contact reception to request your login and password details.



## TRAINING FOR WARRIORS - PERTH CBD 8 WEEK CHALLENGE STARTING 7<sup>TH</sup> AUGUST 2017

All TFW Classes 45 mins | Location - Functional Zone

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.15 AM	HURRICANE DAY <b>A</b>	STRENGTH DAY <b>A</b>		HURRICANE DAY <b>A</b>	
12.15 PM	HURRICANE DAY <b>B</b>	STRENGTH DAY <b>B</b>		HURRICANE DAY <b>B</b>	
6.30 PM	HURRICANE DAY <b>C</b>	STRENGTH DAY <b>C</b>		HURRICANE DAY <b>C</b>	

**A** ALLOCATED SLOT FOR GROUP A    **B** ALLOCATED SLOT FOR GROUP B    **C** ALLOCATED SLOT FOR GROUP C



Class descriptions on following page

## CLASS DESCRIPTIONS - SURGE FITNESS | KINGS SQUARE CBD

### CARDIO



**STAGES® CYCLE** - Bringing the experience of outdoor cycling – indoors! Interval sprints, standing attacks and steep hill climbs – cycle will improve your cardiovascular fitness, increase leg strength, endurance and power and will help you burn fat fast! Ride our Stages bikes – exclusive to Surge Fitness Kings Square! From the novice cyclist to the most experienced, everyone will enjoy the unique features that the Stages bikes have to offer: Stages Sprint Shift – allows you to change resistance levels quickly and accurately; Stages Power Meter – accurately measures your power output during class and displays that measurement in watts on the Stages Console Screen for you to observe and monitor; Stages Console – displays your cycling speed (RPM's), distance travelled and power output during the class. The Stages Console also allows you to record the data (with an option to transfer the data onto a USB stick that you can take the data away with you) so that you can accurately track and monitor your results and progress from each cycle class.

**FIT 2 BOX** - Hi-energy boxing class that really packs a punch! Increase your fitness, co-ordination and release the fighter within!

### STRENGTH



**CXWORX®** - This 30 minute class is jam packed with a variety of different exercises designed to strengthen and reshape the muscles that make up the core – upper and lower abdominals, obliques, upper and lower back, glutes, hips and shoulders. A strong core is essential for body stability, balance and lower back/lumbar spine support. Combining bodyweight exercises with free weights and a resistance band, CXWORX will also improve the efficiency of the muscular slings/chains – the body's ability to transfer power from the lower body to the upper body.

**BODYPUMP®** - BODYPUMP is a full body, resistance training class that will increase overall muscular strength and endurance. Incorporating a barbell with adjustable weights, BODYPUMP also creates lean muscle tissue, shaping and defining the muscles of the body. The combination of light to medium free weights, high repetition and a variety of different speeds and tempos will also increase your metabolic rate, which assists in promoting fat loss. Covering all of the basic primal movements, the exercises in BODYPUMP will also improve the functionality of your whole body – meaning that it will improve your ability to execute those movement patterns that we perform in everyday life and simply allow you to move better.

### TRAINING FOR WARRIORS



**HURRICANE DAYS** - Surge Fitness is proud to be the only gym in WA that is an affiliate of “Training for Warriors (TFW)” which is a fitness program currently taking the world by storm. The TFW system began more than 15 years ago as a fitness program originally created to train some of the best combat athletes in the world. Today, the training methods of the TFW system can benefit anyone looking to lose fat, build muscle and get fit. TFW is taught by a global network of affiliated coaches and trainers that run the TFW system at licensed TFW locations. Now, with over 250 affiliate locations in 30 countries, thousands of people per day are using the TFW system to take their fitness to the next level in order to fight this battle called “life”.

TFW call the metabolic training days “Hurricane Days”. A Hurricane involves a brief, yet powerful storm of exercises that cause a certain level of disturbance that requires an appropriate amount of recovery afterwards to promote fat loss and muscle gain. These Hurricane sessions are made up of Tabatas, Complexes, Energy Circuits and Sprints. The Hurricane sessions are also classified into 5 different categories of intensity, just like a real hurricane: Category 1: Sprints; Category 2: Sprints & Bodyweight; Category 3: Sprints & Light Weight; Category 4: Sprints & Heavy Weight; Category 5: Sprints & Strongman.

### MIND & BODY



**VINYASA YOGA** - In a Vinyasa Yoga class, movement is synchronised with breath. This style of Yoga uses movements to link poses together so expect to flow and move from one pose to the next. Vinyasa Yoga offers a variety of different poses designed to stretch and lengthen the tight muscle groups of the body, increase upper and lower body strength and improve core balance and stability. The relaxing meditation at the end of each class also promotes calmness of the mind and body, decreasing stress levels often associated with life's challenges.

**PILATES** - Pilates mat classes offer a variety of functional movements and controlled exercises to condition the whole body and help focus and calm the mind. A strong focus on core and pelvic stability, spine and joint mobility, including strength training exercises to improve posture, body alignment and muscle tone.

**YIN ROLL & RECOVERY** - Slow down your body, mind and soul. In this recovery class we use Yoga Tune Up® therapy balls and myofascial release techniques to roll out and release muscles and the surrounding connective tissue in an effort to calm the nervous system, reduce tension, eliminate pain, increase mobility, and bring balance back to the body. Classes are concentrated to delve deep into specific areas of the body such as core, hips, back, neck and shoulders. These classes are ideal for anyone who wants to rejuvenate their body from stress and pain. Yin Yoga practice is one of the simplest and easiest ways to start to unlock fascia tissue. Yin is a very slow and still style of yoga where poses are done, usually on the mat, with props for extended periods of time. Around three to five minutes per pose. Whether you sit at a desk or are an athlete experiencing fatigue, you're sure to feel the difference!

**YIN YOGA** - Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine.

### BARRE



**BARRE** - Barre is a dynamic and fun class, fusing yoga, pilates and barre conditioning exercises. It incorporates hand weights, mat work, and the barre to tone and sculpt each body part. With a combination of small and large range of movements, isometric exercises and low to medium impact cardio; this is the ultimate class that shapes your entire body.

### KONGA



**KONGA** - Easy to follow, high intensity workout, fusing dance, boxing, cardio & sculpting. Expect to squat, jump, shake & burpee in this energising workout! Suitable for all fitness levels.

#### CLASS DURATION

UNLESS STATED, ALL CLASSES  
WILL RUN FOR 1 HOUR

Timetable subject to updates

