



SURGE FITNESS TIMETABLE - WOODSIDE - STARTING 10TH JULY - 2017

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.30 AM					SUN RISE YOGA - 60 MIN
11.15 AM			KUNG FU & SELF DEFENCE - 45 MIN		
12.15 PM	LEGS & CORE TONE-UP - 30 MIN	AFTERSHOCK - 30 MIN	YOGA - 60 MINS	PILATES - 45 MIN	FREESTYLE PUMP - 30 MIN
			RUNNING CLUB - 30 MIN		
4.45 PM	KETTLE BELLS & ANIMAL FLOW - 30 MIN	EVENING YOGA - 60 MIN	LEGS & CORE TONE-UP - 30 MIN	HIIT STRENGTH - 30 MIN	

CLASS DURATION

UNLESS STATED, ALL CLASSES WILL RUN FOR 1 HOUR

Timetable subject to change depending on instructor availability and seasonal schedules

STRENGTH
 CARDIO
 INTERVAL
 MIND & BODY

Class descriptions on following page



CLASS DESCRIPTION - SURGE FITNESS | WOODSIDE

CARDIO



FREESTYLE PUMP - Full body, resistance training class that will increase overall muscular strength and endurance. Incorporating a barbell with adjustable weights, Pump 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 this class 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.

STRENGTH



ANIMAL FLOW® & KETTLEBELLS - Animal Flow® & Kettlebells is an innovative fitness program that combines quadrupedal and ground-based movement with elements from various bodyweight-training disciplines to create a fun, challenging workout emphasizing multi-planar, fluid movement.

No matter what your sports or fitness goals are, Animal Flow will improve your mobility, strength, endurance and power. Whether you're an extreme athlete or just looking to get fit – Animal Flow is for everyone who wants to get into their peak physical condition and have fun while doing it.

LEGS & CORE TONE-UP - 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, Hardcore 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.

INTERVAL



HIIT STRENGTH - High Intensity Interval Training, not for the faint hearted!! This class is aimed at real results with a strong focus on strength with barbell, dumbbell, and Kettlebell trainings. This high intensity circuit training will improve your cardiovascular fitness and muscular strength. Super strong, super fit, a fitness base is recommended.

AFTERSHOCK - This efficient workout is extreme cross-training at its best! Short-burst, high-intensity, calorie-torching intervals on the rowers along with functional strength and sculpting stations designed to target and chisel the legs, the core and the arms. (Max 8 per class)

MIND & BODY



YOGA - Great for improving flexibility and strength - a class for everyone. Body & Mind awareness, improved breathing techniques & stress management. Great way to escape the daily grind.

PILATES / POWER PILATES - Is a unique exercise system designed to stretch and strengthen the entire body while calming and quieting the mind. Excellent for general fitness, injury prevention and rehabilitation, improved postural alignment and core stability. Pilates will increase flexibility and assist in developing long lean muscle tone.

KUNG FU & SELF DEFENCE - Kung Fu class teaches traditional Chinese martial arts with initial emphasis on conditioning, flexibility and self defence skills. Learn the foundations and keep fit with our coach Matteo to add variety to your weekly routine.

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