

GROUP TRAINING TIMETABLE

Bookings are essential. Please contact reception to secure your place in a class.

Phone 04 499 9940 **Email** info@habit.co.nz (All classes are 45min unless otherwise stated.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am		CT H.I.T CIRCUIT BEN		P POWER TRACEY 55MIN	X X55 TRACEY 55MIN	9.15am X X55 JERI 55MIN	
7.00am	P POWER TIM 55MIN		X X55 MEREDITH 55MIN			10.30am BO BOX CIRCUIT BEN	
11.15am	Y YOGA LINDA		CT H.I.T CIRCUIT KIERAN	PL PILATES KIM		11.30am Y YOGA SADHU	
12.15pm	PL PILATES KIM	STUDIO IN PRIVATE USE	Y YOGA UNA	CT H.I.T CIRCUIT KIERAN	P POWER KAT	4.00pm P POWER SEE RECEPTION 55MIN	
1.15pm	STUDIO IN PRIVATE USE	P POWER LEE	X X55 KAT	STUDIO IN PRIVATE USE	STUDIO IN PRIVATE USE		
2.15pm					Y YOGA UNA		
5.30pm	X X55 TRACEY 55MIN	PL PILATES ANNA	BC BOX CIRCUIT BROOK	P POWER BEX 55MIN			
6.30pm	Y YOGA UNA	P POWER KIERAN 55min	Y YOGA ELISSA				

SPINNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am			S SPINNING KELLY			8.15am S SPINNING SEE RECEPTION	
7.00am	S SPINNING PETER	S SPINNING JULES		S SPINNING VICKI	S SPINNING LIZ	9.15am S SPINNING SEE RECEPTION	S SPINNING SEE RECEPTION
12.15pm		S SPINNING LEE		S SPINNING MEREDITH			
12.30pm	S SPINNING TRACEY		S SPINNING KIERAN		S SPINNING VICKI		
5.30pm	S SPINNING MARGO 60MIN		S SPINNING MARTIN 60MIN				
6.15pm		SA SPINNING & ABS NAT 60MIN		SA SPINNING & ABS JULES 60MIN			

SWIM SQUAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7.00am		SO SWIM SQUAD JUDE		SO SWIM SQUAD JUDE
12.15pm	SO SWIM SQUAD JUDE			



CLASS DESCRIPTIONS

YOGA:

This holistic workout combines the principles of correct body alignment, linking postures and breathing with the aim of balancing the body and mind through physical exercise. Yoga is a well rounded class that can be tailored to individual needs.

PILATES:

Pilates focuses on improving flexibility, core strength (back and abdominals), posture, muscular endurance and can help to correct muscle imbalance. Guaranteed a full body Pilates workout, this 45 minute class is a great way to compliment any fitness program. Suitable for anyone.

HIT CIRCUIT:

High Intensity Training. A fitness class that will really get your heart rate up. This is interval training at it's best and incorporates the upper body, lower body and the all important core all while boosting your aerobic fitness. This class is designed to push you to new limits and is a great tool to incorporate into anyone's fitness regime.

BOXING CIRCUIT:

A boxing style workout focusing on technique, upper and lower body strength and cardiovascular conditioning. This is truly a whole body workout.

SWIM SQUAD:

Individualised swimming instruction within a group environment. Group swim sessions are tailored to cater to all levels of fitness from beginner to experienced swimmers.

SPINNING:

Spinning is a non-weight bearing cycling cardiovascular workout created specifically to satisfy the needs of those who love to cycle and burn calories. Experience an all terrain workout suitable for all levels of fitness and abilities, make it as easy or difficult as you like.

SPINNING AND ABS:

An innovative new class combines the cardio workout of spin with an abs workout to strengthen and tone the core. 45 minutes of spinning followed immediately by 15 minutes of abdominals exercises (optional). Designed to target those core muscles with a range of exercises specifically designed to tone and strengthen the abdominal muscles.

**Riders wanting to spin only are welcome to do so and can skip the abs segment of the class.

POWER:

Power is strategically designed to offer variety to your existing resistance training. Using four unique formats, power will sculpt and redefine your body and way of thinking of what a weights-based class can do for you. Using a bar, plates and body weight power will allow individuals to reach their goals geared towards strength, endurance, toning and fat burning. Designed and choreographed by Radical Fitness international master trainers, Power will give you a whole new perspective on weights training.

X55:

55 minutes of aerobic conditioning for the whole body. Combining speed and power tracks along with unique upper body conditioning, X55 is a great addition to the range of group fitness classes we offer at Habit. This intense fat burning full body workout will leave you feeling amazing from head to toe.

**Both Power and X55 are 55minute classes with an express 45minute class during the lunchtime period to ensure you get the most out of your lunchtime workouts at Habit.