



## Habit Evans Bay Group Training Timetable - 28th November 2011

Please book sessions at reception. All classes are 45min unless otherwise stated

www.habit.co.nz  
 Habit Evans Bay, 50 Tacy Street  
 Kilbirnie, Wellington  
 Ph 04 387 2888

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6.15am	S SPINNING			S SPINNING		8.15am	S SPINNING	
6.30am		S SPINNING				9.15am	S SPINNING	
7.15am				S SPINNING		10.00am		S SPINNING
9.30am	P POWER 1hr	PL PILATES	S SPINNING		Y YOGA	10.10am	P POWER 1hr	
5.30pm	S SPINNING 55mins			P POWER 1hr				
6.20pm		S SPINNING	Y YOGA					
6.30pm	PL PILATES			S SPINNING				
7.20pm	Y YOGA	P POWER 1hr						
7.30pm				PL PILATES				



Y | YOGA  
at habit

This holistic work-out combines the principles of correct body alignment, linking postures and breathing with the aim of balancing the body and mind through physical exercises. Resulting in a well rounded class that can be tailored to individual needs.

PL | PILATES  
at habit

Pilates focuses on improving flexibility, core strength (back and abdominals), posture, muscular endurance and can help to correct muscle imbalance. It is a great way to complement any fitness program, suitable for anyone.

S | SPINNING  
at habit  
 **SPINNING**

Spinning is a non-weight bearing cycling cardiovascular work-out great for improving aerobic capacity and burning calories. Experience an all terrain work-out suitable for all levels of fitness and abilities, make it as easy or difficult as you like.

P | POWER  
at habit  


A real weights workout that cleverly utilizes progressive loading and has been intelligently designed to strengthen, build and tone your body with the added bonus of increasing your fitness

CT | H.I.T  
CIRCUIT at  
habit 40mins

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 40 minute class is designed to push you to new limits and is a great tool to incorporate into anyones fitness regime.

