

GROUP FITNESS TIMETABLE

AQUA

This energetic class uses water as a natural resistance to work the muscles, stretch the body and give a fantastic full workout.

BALLET BARRE

A complete body workout fusing ballet barre conditioning, yoga and pilates. The class is designed to tone your entire body, creating longer and leaner muscles. Ballet and pilates exercises on the bar and mat tone your muscles, while complementary yoga postures lengthen and shape your muscles. As the exercises are performed in intervals, you get fast results. Fat burning is increased and your metabolism is boosted for hours after your workout.

BELLYDANCE

This unique class gives you a chance to get in touch with your feminine side. The ancient dance and movement creates a sensual class which has a cardiovascular training effect, works the abs and is great fun!

BODY BAND

A low to medium toning workout incorporating cardio and therobands.

PUMP'D

Body Bar works all the major muscle groups of your body using adjustable weighted barbells and exercise set to fantastic music. Body Bar builds lean muscle mass, increases your basal metabolic rate, encouraging rapid fat burning and awesome muscle tone.

BODYFIT

A class designed with giving the older exerciser a physical, fun workout. Classes are freestyle in nature and incorporate all the old favourites of Aerobics, Body Bar, and Sculpting, allowing you to work at your own level.

FLEX-MOBILITY

Time to unwind with gentle moves that help unwind tight muscles and improve joint mobility with a focus on restoring calm to the mind

BOXING

The ultimate martial arts based workout, set to powerful, motivating music. Boxing combines the traditional elements of boxing training and action to give your body a great overall workout and increase your cardiovascular fitness in no time.

CYCLE

Raw power in motion! If you need a dynamic class that burns calories super-fast, then CYCLE is for you! It's fantastic for shaping and toning your lower body and will dramatically increase your fitness levels. You will sweat!

HIIT

HIIT is a short fun intense work out. Short bursts of high intensity, anaerobic, exercises are followed by a recovery before the next burst of exercises. These high intensity workouts are the best way to increase your strength and fitness whilst having a great time. The exercises don't require a lot of coordination and the class will fly!! You will feel great.

PILATES

Pilates is a form of exercise, developed by Joseph Pilates, which emphasises the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. Our classes are personalized and adapted to the individual. You will see benefits such as improved posture and a leaner, stronger body.

POWER YOGA

A yoga style based on detailed instructions to improve body alignment and to deepen the understanding of yoga. It is an advanced level that included backbends and inversions.

RELAX AND RELEASE

Calms the mind and restores the body.

STRETCH

This floor-based class emphasises stretching and functional mobility; to increase range of movement around the joints and relax muscles. Stretch is gentle and a perfect starting point for older exercisers returning to the gym, as well as those who want to maintain flexibility.

YOGA

Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga practices. Students are taught different asanas (poses) that connect the mind and body, bringing a state of calm whilst improving flexibility and strength. Our instructors teach a variety of Yoga practices and poses which are adapted so each participant can work to their full potential.

ZUMBA®

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energising, awe-inspiring movements meant to engage and captivate for life!

BATTLEZONE

Train as a team with a range of dynamic movement pattern based circuit workouts. A high intensity interval style class incorporating equipment such as Sleds, battling ropes, slam balls and assault bikes.

X ZONE

This is our express class, designed for the time-poor fitness guru. 30 minute workout that is dynamic, fast paced and effective.

THUMP ZONE

A combination of boxing and HIIT. Benefits include cardiovascular fitness, strength and coordination. You will learn the basic boxing techniques.

STRONG ZONE

A combination of our Pump'd class and HIIT training, focusing on functional strength, core and fitness.

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