

Fantastic **GROUP FITNESS CLASSES**

KSC KINGBOROUGH SPORTS CENTRE

Phone 03 6211 8266

Located on the ground floor
of the Kingborough Sports Centre
Kingston View Drive, Kingston 7050

(please ask at reception for our latest Group Exercise timetable)

AMRAP: As Many Rounds As Possible, a high intensity workout, utilising various equipment, and integrating strength work into a great cardio workout. (30 min)

Circuit: A mix of aerobic and resistance exercises set in a circuit format using an interval training approach. Use of weights, fit balls, resistant bands and step boxes. Ideal to burn fat, toning and strengthening muscles and improving fitness levels

Bodyworks: A thirty (30) minute pilates style class for runners, cyclists or anyone who wants to improve their core strength and flexibility.

Punch: Is a boxing class that works on your overall conditioning. It will increase your energy and develop upper and lower body strength and power.

Pumpd: A non-impact, full body toning class to music using barbells and weights. Suitable for all levels of fitness, from beginners to experienced.

Power Hour: Some call it Friday nights HAPPY HOUR! Loads of fun using pin-loaded weight machines and cardio equipment in the gym. A great Friday night buzz to set you up for the weekend

Step: Fun and exhilarating step class. Excellent low impact workout that increases the heart rate, tones the legs, butt, abs and thighs

Step HIIT: High Intensity Interval Training utilising the the step, a great 30 min workout.

Spin: A 30/50 min group cycling class of PURE ENERGY. Burn the calories and achieve the fitness fast!

Tri-Fit: Spin, Pumpd and Core.-3 different class styles to give plenty of variety and a great workout. (Extreme: take your Tri-Fit experience to the next level)

Metafit: To burn fat you need to change the resting metabolism, work big muscle groups with simple un-choreographed, high intensity intervals. Metafit is a high intensity session—over and done in under 30 minutes.

The Sufferfest: Spin class utilising Video and Audio, suitable for everyone from beginners to professional athletes, we are now delivering these incredibly motivating classes that appeal to both indoor and outdoor cyclists. The Sufferfest workouts get results because they've been designed by some of the world's best coaches.

Staying Active: A non-impact strength training class (10 mins warmup on electronic equipment, 35 mins of tailored weight training and 15 mins on the fitball).

MONDAY	6:00AM to 8:00PM
TUESDAY	6:00AM to 8:00PM
WEDNESDAY	6:00AM to 8:00PM
THURSDAY	6:00AM to 8:00PM
FRIDAY	6:00AM to 7:30PM
SATURDAY	8:30AM to 12:30PM
SUNDAY	3:00PM to 6:00PM

MIND BODY TIME TABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM	TRANSFORM	PILATES FUNDAMENTAL	PILATES PROGRESSIVE	PILATES STAYING ACTIVE (10am)	PILATES PROGRESSIVE	PILATES PROGRESSIVE
10:30AM					TRANSFORM	
5:30PM		PILATES EXPRESS				
6:00PM	TRANSFORM	PILATES PROGRESSIVE	TRANSFORM			

Pilates: A class designed for EVERYBODY, strengthening the powerhouse (abs & buttocks). It will improve flexibility, balance and body awareness. Focusing on movements and breath.

Transform: Uniting yoga and sport like never before prepare for a unique mind/body experience, featuring traditional yoga poses. Engage you mind and body.

CYCOLOGY TIME TABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 PM			CYCOLOGY			
6:30PM			CYCOLOGY			















email: fitnesscentre@kingborough.tas.gov.au

website: www.kscfitness.com.au

Free Childminding Weekdays 9:00AM to 10:45AM

Free Parking

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	TRI-FIT	 THE SUFFERFEST		metafit. TM	PUNCH		
8:30 AM	STAYING ACTIVE MOVE		STAYING ACTIVE MOVE		STAYING ACTIVE MOVE		
9:00 AM		metafit. TM		AMRAP		metafit. TM	
9:30 AM	STEP 9:30	CIRCUIT	PUMPD	STEP 9:30	PUMPD	TRI-FIT	
	STEP HIIT 10:00			CORE 10:00			
10:30 AM			 THE SUFFERFEST No Instructor				
11:00 AM	STAYING ACTIVE MOVE			STAYING ACTIVE			
12:00 PM	STAYING ACTIVE	STAYING ACTIVE			STAYING ACTIVE		
1:00 PM	STAYING ACTIVE	STAYING ACTIVE	STAYING ACTIVE	STAYING ACTIVE			metafit. TM 3:30 PM
5:00 PM	metafit. TM	TRI-FIT		metafit. TM	 THE SUFFERFES No Instructor		
5:30 PM			metafit. TM				
6:00 PM		 THE SUFFERFEST No Instructor	PUMPD	STEP HIIT (30min)	POWER HOUR		

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