

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)

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. (55 min)

Bodyworks: A thirty (30) minute core style class for 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. (45 or 30 min)

Pumpd: A non-impact, full body toning class to music using barbells and weights. Suitable for all levels of fitness, from beginners to experienced. (55 min) (Pumpd Express is 30min).

Step: Fun and exhilarating step class. Excellent low impact workout that increases the heart rate, tones the legs, butt, abs and thighs. (30 mins)

Spin: A 45 min group cycling class of PURE ENERGY.

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

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.

MetaPWR: A high intensity workout, utilising various equipment, and integrating strength work into a great cardio workout. (Approx. 30 min)

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).

Staying Active Move: A group fitness activity to music, these classes are very social and utilise various equipment to get you up and moving well. (55 mins)

Empowering Seniors: A chair based exercise class, to develop and improve balance and strength, in an inclusive and supportive group environment. (55 mins)

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

Class Timetable

MIND BODY TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM	TRANS-FORM	PILATES	PILATES	PILATES STAYING ACTIVE (10am)	PILATES	PILATES
10:30AM						
6:00PM	TRANS-FORM	PILATES				

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.

metafit™

SPIN EXPRESS

EMPOWERING
SENIORS

email: fitnesscentre@kingborough.tas.gov.au

website: www.kscfitness.com.au

Free Childminding (0 to 5 yrs) Weekdays 8:45AM to 10:45AM

Bookings Essential for Friday & Saturday Childminding

Maximum stay 2 hours

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM					PUNCH		
8:30 AM	STAYING ACTIVE MOVE		STAYING ACTIVE MOVE		STAYING ACTIVE MOVE		
9:00 AM							
9:30 AM	STEP	CIRCUIT	PUMPD	STEP	PUMPD		
10:00 AM							
10:30 AM		10:45AM EMPOWERING SENIORS 		PUNCH	10:45AM EMPOWERING SENIORS 		
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			3:30 PM
5:00 PM							
5:30 PM							
6:00 PM			PUMPD EXPRESS				

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