

# 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. (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).

**Power 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. (30 mins)

**Step Blast:** Leg and Butt workout utilising the the step, a great 30 min workout.

**Spin:** 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.

**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

## 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	
6:00PM	TRANSFORM	PILATES PROGRESSIVE				

**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			















email: [fitnesscentre@kingborough.tas.gov.au](mailto:fitnesscentre@kingborough.tas.gov.au)

website: [www.kscfitness.com.au](http://www.kscfitness.com.au)

Free Childminding (0 to 5 yrs) Weekdays 9:00AM to 10:45AM

Bookings Essential for Childminding

# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	AMRAP (45min)			metafit.™	PUNCH		
8:30 AM	STAYING ACTIVE MOVE		STAYING ACTIVE MOVE		STAYING ACTIVE MOVE		
9:00 AM		metafit.™		AMRAP		metafit.™	
9:30 AM	STEP	CIRCUIT	PUMPD	STEP	PUMPD		
10:00 AM	LEG BLAST			bodyworks		AMRAP	
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		metafit.™ 3:30 PM
1:00 PM	STAYING ACTIVE	STAYING ACTIVE	STAYING ACTIVE	STAYING ACTIVE			
5:00 PM	metafit.™			metafit.™			
5:30 PM	bodyworks	metafit.™	metafit.™				
6:00 PM			PUMPD EXPRESS	AMRAP	POWER HOUR		

**KSC**  
KINGBOROUGH  
SPORTS CENTRE

**Phone 03 6211 8266**

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