

# 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.

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

**Box HIIT:** Is a air boxing class using handweights that works on your overall conditioning. It will increase your energy and develop upper and lower body strength and power.

**HIIT Step:** A 30 min high-intensity interval training (HIIT) workout that requires a STEP and your bodyweight. Improves cardiovascular fitness, speed, agility achieving serious calorie burn.

**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.

**Tabata:** A high intensity workout, utilising various equipment, and integrating strength work into a great cardio workout.

**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.

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

**Fitball:** A ball based class which challenges and strengthens your muscles helping with balance and stability. Great core workout to help improve posture & body alignment.

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

## Group Exercise Class Timetable

Bookings for classes and childminding please visit:  
[www.picktime.com/KingboroughFitnessClassBookings](http://www.picktime.com/KingboroughFitnessClassBookings)  
or call 62118266

**FREE CHILDMINDING (0 to 8 years)**

**metafit™**

**SPIN<sup>EXPRESS</sup>**

**EMPOWERING  
SENIORS**

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 8 yrs)

Weekdays 8:45am to 10:45/11.30am

Bookings Required

# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	PUMPD		CIRCUIT	<b>metafit.</b> <sup>TM</sup>	Box HIIT		
7:00 AM					Box HIIT		
8:30 AM	STAYING ACTIVE MOVE	STAYING ACTIVE MOVE	STAYING ACTIVE MOVE	STAYING ACTIVE MOVE	STAYING ACTIVE MOVE		<b>metafit.</b> <sup>TM</sup>
9:00 AM						<b>metafit.</b> <sup>TM</sup>	
9:15 AM	STAYING ACTIVE MOVE	<b>metafit.</b> <sup>TM</sup>	STAYING ACTIVE MOVE	Box HIIT	STAYING ACTIVE MOVE	9.30am Box HIIT	
10:00 AM	HIIT STEP		PUMPD	TABATA	PUMPD		
10:45 AM	STAYING ACTIVE MOVE	EMPOWERING SENIORS	FITBALL	EMPOWERING SENIORS	EMPOWERING SENIORS		
11:30 PM				STAYING ACTIVE MOVE			
4:45 PM	<b>metafit.</b> <sup>TM</sup>	HIIT STEP	<b>metafit.</b> <sup>TM</sup>				
5:30 PM		<b>metafit.</b> <sup>TM</sup>	PUMPD	<b>metafit.</b> <sup>TM</sup>			
6:00 PM	PUMPD		