

# Fantastic **GROUP FITNESS CLASSES**

(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.

**Step:** A 30 min fun & exhilarating class to energetic beat & music. Excellent low impact workout that increases the heart rate, tones the legs, butt & thighs.

**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.

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

**metafit™**

**SPIN** EXPRESS

**EMPOWERING**  
**SENIORS**

**KSC**  
**KINGBOROUGH**  
**SPORTS CENTRE**

**Phone 03 6211 8266**

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

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

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	metafit.™	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		metafit.™
9:00 AM						metafit.™	
9:15 AM	STAYING ACTIVE MOVE	metafit.™	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			
5:00 PM	metafit.™	HIIT STEP	metafit.™				
5:30 PM		metafit.™	PUMPD	metafit.™			
6:00 PM	PUMPD		