

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.

No Childminding, Staying Active Move or Empowering Seniors classes

metafit™

SPIN

KSC
KINGBOROUGH
SPORTS CENTRE

Phone 03 6211 8266

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

MONDAY	CLOSED
TUESDAY	8:00AM to 12.00PM
WEDNESDAY	8.00AM to 12.00PM
THURSDAY	8:00AM to 12.00PM
FRIDAY	CLOSED
SATURDAY	8:00AM to 12:00PM
SUNDAY	8:00AM to 12:00PM

Christmas Class Timetable






Bookings for classes and childminding please visit:
www.picktime.com/KingboroughFitnessClassBookings
or call 62118266

email: fitnesscentre@kingborough.tas.gov.au

website: www.kscfitness.com.au

NO Childminding, Staying Active Move and Empowering Seniors classes between Christmas and the New year

CHRISTMAS GROUP FITNESS TIMETABLE

	CLOSED	TUESDAY	WEDNESDAY	THURSDAY	CLOSED	SATURDAY	SUNDAY
8:30 AM			metafit™	meta™ PWR			metafit™
9:00 AM		meta™ PWR		BOX HIIT		metafit™	
9:30 AM		metafit™	PUMPD			BOX HIIT	
10:00 AM		bodyworks	STRETCH	bodyworks		