

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.

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)

Tabata: A high intensity workout, utilising various equipment, and integrating strength work into a great cardio workout. Various timings used e.g 45secs work /15secs rest or 20/10

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

**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
or call 62118266

email: fitnesscentre@kingborough.tas.gov.au













website: 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		
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	meta PWR	^{9.45} 	PUMPD	TABATA	PUMPD		
10:45 AM	STAYING ACTIVE MOVE	EMPOWERING SENIORS 	FITBALL	EMPOWERING SENIORS 	EMPOWERING SENIORS 		
11:30 AM				STAYING ACTIVE MOVE			
12:30 PM			STAYING ACTIVE MOVE				
5:00 PM	metafit	HIIT STEP	metafit				
5:30 PM		metafit	PUMPD	meta PWR			
6:00 PM			