

LA TROBE UNIVERSITY GROUP EXERCISE TIMETABLE

1st MARCH – 1st APRIL 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.10p m			Balanced Bodies		Pilates Lev 1
1.05pm	50:50	Combat Step	Body Shape	Body Sculpt	
5.05pm	Body Burn	Body Sculpt	Combat Step	Boot Camp	



ENQUIRIES: (03) 9479 2973

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CLASS DESCRIPTIONS

50 : 50 – Step class + Body sculpt class = a complete body workout!

BALANCED BODIES – Relieve stress by balancing your mind and body! A combination of stretching / yoga, core strength, meditation and relaxation

BODY BURN – Burn calories and improve your fitness during this cardiovascular, interval training, workout

BODY SCULPT – A combination of barbell, dumbbell & body weight exercises designed to decrease body fat whilst sculpting and toning your entire body!

BODY SHAPE – An excellent class for beginners to advanced! Low impact cardio combined with toning, strengthening and core stability exercises

BOOT CAMP – Enjoy total body conditioning during this workout which combines high intensity cardiovascular & weight resistance exercises

COMBAT STEP – Increase your fitness whilst toning your entire body! A combination of basic Martial arts, Boxercise & Kickbox moves (step optional).

PILATES LEV 1 – Improve flexibility, posture and core strength. Class is based on Joseph Pilates' well-renowned principles of stretching and stability



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