

GROUP FITNESS TIMETABLE

Effective June 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am	Cardio Circuit Campbells Creek	Strength Circuit Castlemaine	Metafit Campbells Creek		Strength Circuit Castlemaine	
8.30am						Hard Core Campbells Creek
9.30am				Core Foundations 10 wks Campbells Creek		
6.00pm	Metafit Campbells Creek		Cardio Circuit Campbells Creek			

Cardio Circuit:	A fast-paced, energetic workout that will get your heart rate up and help to improve cardiovascular fitness. Supplement regular strength training with a cardio circuit and get fitter, faster.
Strength Circuit:	Assists to improve mobility, strength and endurance. Comprising various strength exercises that are completed one exercise after another for a certain time, or specified number of repetitions, then progressing to the next exercise.
Metafit:	Metafit combines traditional body weight exercises with the latest HIIT training techniques to set the metabolism on fire! All Metafit sessions can be performed low impact - you set the intensity!
Hard Core:	An intense 30 minute core-focussed workout, to music with strong beats to get you pumped and working hard.
Core Foundations:	A 45 minute low impact class focusing on building and strengthening the core muscles; abs, back, glutes, and hips. The aim is to learn how to activate the muscles you want, when you want, create stability, ease of movement and build a strong foundation for your body. This is a 10 week, pre-paid course.

Campbells Creek: 5 Minute Fitness, 4 Greens Rd | **Castlemaine:** Castlemaine Fitness, 23a Lyttleton St | **Chewton:** Lifecycle Gym, 732 Pyrenees Hwy

[Download sign up forms here.](#)

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