

## CLASS BENEFITS - QUICK GUIDE -

CLASS NAME	INTENSITY	FAT BURN	STRENGTH	TONING	FLEXIBILITY	CORE	FITNESS
ACTIVE OVER 50'S	LOW	P	P	P			P
BELLY/BUTT	MED			P		P	
BODY ATTACK	HIGH	P	P	P		P	P
BODY BALANCE	LOW		P	P	P	P	
BODY COMBAT	HIGH	P	P			P	P
BODY PUMP	MED	P	P	P		P	
BODY STEP	MED	P	P	P		P	P
BOXING	HIGH	P	P	P			P
CROSS TRAINING	HIGH	P	P	P		P	P
CX WORX	MED		P	P		P	
CYCLE	HIGH	P	P	P			P
H.I.I.T.	HIGH	P		P	P	P	P
MASH	HIGH	P	P	P			P
Mobility	LOW				P		
RPM	HIGH	P	P	P			P
SENIOR STRENGTH	LOW		P	P			
ZUMBA	MED	P		P		P	P
YOGA	LOW		P	P	P	P	

## CLASS DESCRIPTIONS

ACTIVE OVER 50'S	A fully supervised class designed to improve cardiovascular fitness and coordination. It is a low intensity class with basic movements choreographed to music.
Barre	Using Resistance bands, balls and a ballet barre to integrate the fundamentals of Pilates with core work, cardio intervals and functional exercises to create a total body work out
BELLY/BUTT	A combination of aerobics, floor exercises and Pilates to help firm and shape your belly and butt
BODY ATTACK	A high-energy fitness class combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.
BODY BALANCE	Yoga moves with elements of Tai Chi and Pilates. Breathing control is a part of all the exercises.
BODY COMBAT	High energy, non contact, martial arts inspired workout. Easy to follow moves inspired by Karate, boxing, Muay Thai and other Mixed Martial Arts.
BODY PUMP	Using light -moderate weights with lots of repetition to give you a full body workout.
BODY STEP	Incorporates basic stepping movements using a height adjustable step to vary intensity. Move on, over and around the step in a rhythmic routine.
BOXING	Partnered boxing session using gloves and focus pads. Training partner not required as instructor will match you with someone. Option to wear a heart rate monitor and see your concerted physical activity on a screen in real time.
CROSS TRAINING	Millennium Cross training is a constantly varied functional movements performed at medium to high intensity. Cross training include weight lifting movements and Olympic lifts. These classes will teach you the fundamentals of Olympic and weight lifting techniques. Duration of class 1hour
CX WORX	Exercising muscles around the core, you will work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. There are some hip, butt and lower back exercises.
CYCLE	A freestyle indoor cycling class requiring energy but not coordination. You control your own resistance levels and sprint speed.
H.I.I.T.	HIIT, or high-intensity interval training, you give all-out 100% effort through quick, intense bursts of various exercises followed by short, sometimes active recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Duration of class 45min.
MASH	[Millennium Aerobic Strength High-intensity] A boot camp style outdoor training group that mixes traditional callisthenic and bodyweight exercises with interval and strength training.
Mobility (30mins)	30min Class improving movement mechanics to optimize athletic performance and to preventing injury during workouts, improve flexibility, recovery and range of motions.
PILATES	A mat based class that is a great way to strengthen the lower back and core muscles. Pilates improves posture, mobility, balance and stability.
RPM	Indoor cycling class using basic moves like standing up, sitting down, changing hand positions, speeding up and slowing down. You control your own resistance levels and sprint speed so you can build up your training level over time.
SENIOR STRENGTH	A supervised workout aimed at improving seniors muscle strength and mobility. The trainer will assist you with your personal exercise program to ensure you are doing exercises correctly.
YOGA	Yoga incorporating many yoga styles which get your body moving and stretching in all directions. Learn good posture, how to breath, stretch your limits and find stillness at the end of it all. Suitable for everyone.
ZUMBA	An aerobic fitness program featuring movements inspired by various styles of Latin American dance that is fun and easy to follow. Includes Zumba, Zumba Gold!

STARTING  
7 January 2019

# MILLENNIUM

# GROUP

# FITNESS

# TIMETABLE



128 CHELMSFORD RD, CHARMHAVEN  
Phone: 4392 5536 | Email: charm@millenniumhealthclub.com.au  
www.millenniumhealthclub.com.au

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>GROUP FITNESS</b> [LOCATION: UPSTAIRS GROUP FITNESS ROOM]							
05:45		Body Pump Phil					
08:30						Body Pump Phil	
09:00		CX Worx Lee-anne 30min		CX Worx Renaë 30min			
09:30	Body Pump Bec	Body Attack Donna	Body Combat Bec	Body Step Renaë	Body Pump Nicole A	Barre Nicole	
10:30	Body Combat Bec	Body Balance Lee-anne	Yoga Alana		Barre Nicole	Body Balance Nicole A	
16:30							
17:30	Yoga Amy	Body Pump Roger	Belly/Butt Allison	Body Pump Roger			
18:30	Zumba Donna	Barre Nicole	Body Attack Donna	Yoga Alana			
<b>CYCLE FITNESS 45min</b> [LOCATION: UPSTAIRS RPM ROOM]							
05:45	RPM Phil			RPM Phil			
07:45						Cycle Petra	
09:00 09:30	9.30 Cycle Petra		9.00 Cycle30 Allison				
18:00		RPM Phil					
<b>SENIOR TRAINING</b>							
07:30	Senior Strength Petra		Senior Strength Petra				
08:30	Active Over 50's Sam		Active Over 50's Bec		Active Over 50's Nicole		

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>CrossTraining/Box/Mobility</b> [LOCATION: FRONT OUTDOOR RIG/FUNCTIONAL ROOM]							
05:45					Cross Training Nathan		
08:30							
09:30	Cross Training Sam		Cross Training Petra	Cross Training Nathan			
10:30			Mobility30 Petra				
18:00							
18:15	Cross Training Mitch			Cross Training Sam			
18:45		BOXX45 Phil					
<b>MASH BOOTCAMP</b> (Location: onsite at Millennium Health Club)							
07:00						MASH Nathan	
18:15			MASH Nathan				
<b>H.I.I.T</b> [LOCATION: GROUP FITNESS/FUNCTIONAL ROOM] - 45 min classes							
05:45			H.I.I.T Phil				
9:30		H.I.I.T Nathan				H.I.I.T Phil	
17:30		H.I.I.T Sam					

ALL CLASSES ARE 1 HOUR UNLESS OTHERWISE STATED

<b>CLUB OPEN HOURS</b>		
	OPEN	CLOSE
MONDAY	05:30	21:00
TUESDAY	05:30	21:00
WEDNESDAY	05:30	21:00
THURSDAY	05:30	21:00
FRIDAY	05:30	20:00
SATURDAY	06:00	16:00
SUNDAY	08:00	13:00

<b>MINI MILLS OPEN HOURS</b>				
	MORNING		EVENING	
	OPEN	CLOSE	OPEN	CLOSE
MONDAY	08:30	12:00	16:15	19:30
TUESDAY	08:30	12:00	16:15	19:30
WEDNESDAY	08:30	12:00	16:15	19:30
THURSDAY	08:30	12:00	16:15	19:30
FRIDAY	08:30	12:00		
SATURDAY	08:15	12:00		
SUNDAY				