

Group Fitness

Train well, live well

Results begin
when you do

BELOW TIMETABLE COMMENCES 18/01/21

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Early Risers							
6:15				Body Pump Express Rita			
7:45							
8:15						Spin Joyce	
9:00							Yoga Cecilia
9:15	Spin Express Joyce	Body Pump Express Joyce	Fit 45 David	Pilates Bronwyn	Body Pump Express Joyce	CXWORX Ange	
10:00	CXWORX Joyce					Body Pump Express Ange	
10:15			CXWORX Joyce				
11:00						Yoga Maria Louisa	
Night Owls							
6:00			Body Pump Express Ange				
6:15		Spin Julie		CXWORX Ange			
6:30	Body Pump Express Rita						
6:45							
7:15			Pilates Aurora				
7:30		Yoga Maria Louisa					

REGULAR STAFFED HOURS:

MONDAY - THURSDAY: 7AM-8PM

FRIDAY: 7:00AM-12:30PM

SATURDAY/ SUNDAY: 8AM-12PM

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BODY PUMP	Strength training class using adjustable barbells. Suitable for all fitness levels.
BODY BALANCE	This Mind Body class combines Yoga, Pilates, Tai Chi and other techniques.
CX WORX	Designed to give you a tight and toned core, this science based 30 minute class, utilises resistance bands and hand weights.
SPIN	The calorie killer! Stationary indoor cycling class. Work at your own pace.
FIT 45	A medium to high intensity interval/ circuit class utilising a variety of equipment including bars, weights, kettlebells, ropes and body weight.
PILATES	A popular body conditioning system centring on your core anatomy. Body alignment, breathing and strengthening abdominal muscles are essential to this technique.
YOGA	Achieve total body harmony through stretch, controlled breathing and postural position.