

# MIDLANDS PARK HEALTH CLUB

PLEASE NOTE; CLASSES MUST BE BOOKED IN ADVANCE

Monday - Friday 6.30am - 10pm  
Saturday & Sunday 9am - 7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00am - 07:45am Spin		07:00am - 07:45am Spin		07:00am - 07:45am Spin	
09:30am - 10:15am Functional Training	09:30am - 10:15am Spin & Pump	09:30am - 10:15am Instructor's Choice	09:30am - 10:15am Spin	09:30am - 10:15am Instructor's Choice	09:30am - 10:15am Spin
10:30am - 11:15am Aqua Aerobics		10:30am - 11:15am Aqua Aerobics		10:30am - 11:15am Aqua Aerobics	
01:15pm - 01:45pm Spin	01:15pm - 01:45pm Core	01:15pm - 01:45pm Pilates	01:15pm - 01:45pm Bums & Tums	01:15pm - 01:45pm Spin	
06:30pm - 07:15pm Aqua Aerobics	05:45pm - 06:30pm Spin	05:45pm - 06:30pm HIIT Strength	05:45pm - 06:00pm Abs	05:45pm - 06:00pm Abs	
07:30pm - 08:15pm Spin	06:45pm - 07:15pm HIIT	06:30pm - 07:15pm Aqua Aerobics	06:30pm - 07:15pm Spin	06:30pm - 07:15pm Spin	

## SPIN

Suitable for all levels of fitness. A great cardio class to tone the lower body

## HIIT

High Intensity Interval Training using a mixture of cardio & resistance training

## INSTRUCTOR'S CHOICE

This class is chosen by our qualified instructors leaving a surprise element

## CORE

The is a 30 minute intense workout. Build core strength and stability

## ABS

A 15 minute abs workout, with no warm up or warm down

## HIIT STRENGTH

High-intensity strength & cardio exercises followed by periods of recovery

## AQUA AEROBICS

Full body water workout, a music-based class suitable for all fitness levels

## FUNCTIONAL TRAINING

Gain strength overall fitness and leave feeling better than you did before the class