

# Classes



Get fitter faster with a quick burst of exercise. Each class is an intensive burst of exhilaration that targets a different part of the body, and a different aspect of the body's fitness.

This area is growing at Go360 as we develop what our members need, and trainers join us offering unique skills to teach you...watch this space!!!

## Circuit

Circuit training is an excellent way to improve mobility, strength and stamina. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise.

## Spin - Cycling

Saddle up for an exciting and fun way to pedal your way to cardiovascular fitness. There are no complicated moves to learn - just fantastic music to pedal in time to, and a great inspiring group atmosphere.

**Tai Chi** is a slow-motion, moving meditative exercise for relaxation, health and self-defense. Originally from China, Tai Chi has gained enormous popularity for its health benefits and versatility. It is a great sport to get into, with its dynamic ability to create, Cardio, Resistance, Core, Stretching and Breathing in the movement

## Pilates

Pilates is one of the world's most popular exercise classes. It gives strength without bulk, stretches your muscles, improves your posture, and can help ease lower back pain. It restores the balance of your whole body, leaving you feeling healthier and more relaxed.

## Stretch

Strength training is exercising with the goal of increasing your physical strength.

**Benefits of Strength Training.** 2-3 generations ago, physical jobs kept you in shape. Nowadays sedentary lifestyles are common: desk jobs, watching tv, driving car all day. Here's what strength training can do for you:

- **Builds Muscle.** Strength training builds muscle: the stronger you are, the more muscles you'll have. Strength training is not bodybuilding however: building muscle is a by-product of exercising, not its goal.
- **Burns Fat.** Strength training burn calories keeps your metabolic rate high under strict dieting and tends to make you stick to your diet better.
- **Increases Health.** Strength training increases endurance, bone density & testosterone levels. Strength training strengthens your joints, lowers cholesterol & improves your sleep. You'll notice nutrition is important to get results in strength training. All leads to a healthier body & lifestyle.
- **Forges Character.** Strength training teaches you persistence, sacrifice, self-control, responsibility & builds self-confidence. You'll get out of strength training what you put into it



## Ace of Hearts – in association with The Heart Foundation, New Zealand

Our club looks after **heart health** throughout your life; has the doctor told you that you may suffer with heart disease, is heart disease hereditary, have you had a heart attack? **Remember it is not just about rehabilitation it is about prevention too!**

Through our wonderful qualified practitioners we work with you assist **YOU** to wellbeing. We host a range of 3 classes and workshops to educate and empower **YOU** to make informed changes to **YOUR** lifestyle.

## Time Table – changes as we add new classes

ROOM	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AEROBIC	6.00am		*Spin Paul J	*Spin Richard	*Spin Paul J	*Spin Richard 6.10am	
AEROBIC	8.00am						*Spin Paul
AEROBIC	9.30am		*Bootie Camp Vicky		*Bootie Camp Vicky		
AEROBIC	10.15am	*Ace of Hearts Vicky		*Ace of Hearts Vicky			
STUDIO	10.30am		*Tai Chi		*Tai Chi	*Ace of Hearts Michelle	
AEROBIC	12.15pm	Circuit Vicky	*Pilates Beccs	Circuit Michelle		Circuit Vicky	
AEROBIC	5.30pm				Stretch Jenny		
AEROBIC	6.15pm	*Spin Richard					
STUDIO	6.30pm		*Tai Chi		*Tai Chi		

All members are welcome to any class at Go360. All classes are FREE for members except those with an \*