



# Wauchope timetable

COMMENCES 14 DECEMBER 2011

## Five Star Fitness

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### Opening Hours:

Monday to Thursday \_\_\_\_\_ 6am - 8pm  
Friday \_\_\_\_\_ 6am - 7pm  
Saturday (*now open earlier*) \_\_\_\_\_ 7am - 12noon  
Sunday \_\_\_\_\_ closed

### Child Minding Hours:

Monday, Tuesday & Thursday \_\_\_\_\_ 9am - 11.30am  
Wednesday & Friday \_\_\_\_\_ 9am - 11am  
Saturday \_\_\_\_\_ 8am - 10.30am

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.05		<b>X-TRAINER</b> Tammi			<b>X-TRAINER</b> Tammi	
8.15						<b>LES MILLS BODYPUMP</b> Claire
9.15	<b>PUNCH &amp; CRUNCH</b> Claire	<b>ZUMBA</b> Natalie	<b>BODY SCULPT</b> Claire	<b>FAT BURNER</b> Tammy <i>new</i>	<b>TBT</b> Jo	<b>LES MILLS BODYBALANCE</b> Sandy
10.15	<b>LES MILLS BODYVIVE</b> Sandy	<b>LES MILLS BODYBALANCE</b> Jo	<b>LES MILLS BODYVIVE</b> Sandy	<b>LES MILLS BODYBALANCE</b> Sandy	<b>KINDER MOVES</b> Bridgette <i>Free</i>	<div style="border: 1px solid black; padding: 5px;"> <p>Five Star Fitness reserves the right to cancel a class if there is less than 7 participants and to change class types, instructors without notice.</p> <p>All classes are 45 minutes duration except for LesMills classes which are 60 minute classes.</p> </div>
11.15					<b>JUST MOVE</b> Bridgette	
12.15	<i>1/2 HR CLASS</i> >>	<b>PUNCH &amp; CRUNCH</b> Tammi <i>new time</i> <<	<i>12.15</i> >>	<b>FX WORKOUT</b> Brendon <i>new time</i> <<	<i>1/2 HR CLASS</i>	
4.30					<b>ZUMBATOMIC</b> Natalie	
5.30	<b>LES MILLS BODYPUMP</b> Claire		<b>BOX FIT</b> Tammi		<b>ZUMBA TECHNIQUE</b> Natalie	
5.45		<b>TBT</b> Claire		<b>BODY SCULPT</b> Peter	<b>ZUMBA</b> Natalie	
6.30	<b>LES MILLS BODYBALANCE</b> Brooke		<b>ZUMBA</b> Natalie			

**Workout Guide:** 1 = least demanding, 5 = most demanding

**Red Flag Classes:**  
Come and support these classes to ensure that they remain on the program.



**BODYSTEP™** 4-5  
BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step with motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



**BODYPUMP™** 2-4  
BODYPUMP™, the original barbell class that strengthens your entire body. This 60min workout challenges all major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Great music, awesome instructors & your choice of weight inspire you to get the results you came for – and fast!



**BODYBALANCE™** 2-4  
BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength leaving you feeling centered & calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



**BODYVIVE™** 2-4  
BODYVIVE™ is a great entry-level program for anyone seeking the motivation and benefits of group exercise that delivers results. Especially suited to those new to group fitness, returning to exercise or rehabilitating after an injury, pre & postnatal mothers and active adults wanting the benefits of improved cardio fitness, strength and flexibility.

**BOX FIT** 4-5  
Its new its hard, and its here to take you to a new level. You will box your way to a fitter stronger body, with interval training and core blasting drills.

**X-TRAINER** 3  
A high energy cardio workout incorporating a variety of class styles designed to increase fitness, burn calories and shape-up.

**ZUMBA** 2-4  
Loaded with red-hot dance steps, pulsating Latin rhythms and easy-to-follow routines, this invigorating dance-fitness "party" will have you movin', groovin' & shakin' the weight off to the sexy, exotic rhythms of salsa, cumbia, samba, merengue and more!

**FAT BURNER** 3-4  
An effective and fun class designed to introduce participants to freestyle aerobics. Fatburner features simple, easy to follow moves aimed at keeping your heart rate within the fat burning zone.

**FX WORKOUT** 3-4  
Designed to improve strength, core stability, cardio fitness and endurance. FX is functional and constantly varied to suit any age group or fitness level.

**PUNCH & CRUNCH** 3  
This boxing style cardio class combined with core and upper body conditioning is designed to teach you the basics of boxing as well as give you a great workout and all within our express 45 minute format.

**TBT** 3  
Tummy, Butts & Thighs. The fat burning workout that uses the body's own resistance to re-define, tone & shape the stomach, buttocks and thighs.

**BODY SCULPT** 2-3  
A body shaping and toning class which incorporates step and resistance training. This class will improve your strength, muscular endurance and boost your metabolism.

**JUST MOVE** 2  
A light exercise program designed for beginner participants looking to get more active. Improve your fitness and manage health conditions...while you have fun!



**KINDER MOVES**  
Fun themed physical activity sessions designed for 3-5 yrs. 30 to 40 min sessions. Activities to assist children in life skills including social interaction, hand eye coordination, listening and concentration, balance and more. Each KinderMoves session follows a theme that is repeated for 2-3 weeks to provide children with familiarity and confidence before introducing new activities. Themes include Nursery Rhymes Program, Stop And Go Program, Colours Program, Alphabet Program, Fishy Business Program and much more.

**ZUMBATOMIC®**  
A specially designed class for kids and pre-teens ages 4-12 to encourage them to develop a healthy lifestyle and to incorporate fitness as a natural part of their lives through dance, music & exercise. The age ranges are divided into two primary groups: Lil' Starz (age 4-7) and Big Starz (age 8-12)