



Kempsey timetable

COMMENCES SEPTEMBER 2010

Five Star Fitness

Opening Hours:

Monday to Friday _____ 6am - 7pm
 Saturday _____ 7am - 11am
 Sunday _____ closed

Child Minding Hours:

Monday to Friday _____ 9am - 11am

Shop 5, Level 1, Clyde St Mall, Kempsey 2440 • Ph: 65 625 100 • Fx: 65 625 200
 fivestarfitness5@bigpond.com.au • www.fivestarfitness.com.au

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00						BodySculpt	
9.00						Core Class	
9.30	FatBurner	BodySculpt	Zumba	PowerBar	Variety		
4.30		Variety*	TBT*		Zumba		
5.30	BodySculpt	Balance	Results	Zumba	TBT*		
6.30							

Don't forget
"Friends in Fitness"!
 Bring your friends along
 and you may qualify for a
 Payment Holiday!

**All classes are 60
 minutes duration
 except for classes
 denoted '*' which are
 45 minute classes.**

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

Step Combat 4

Step Combat is a high energy class that uses moves & stances from a range of martial arts disciplines, incorporating step.

Step 3-4

This freestyle step workout will make you feel liberated & alive. Using a height-adjustable step & simple movements on, over & around the step with motivation from sing-a-long music & approachable instructors. Cardio bursts push fat burning systems into high gear followed by muscle conditioning tracks that shape & tone your body.

Fat Burner 3-4

An effective and fun class aimed at keeping your heart rate within the fat burning zone. Great intermediate class.

Balance 3

This Mind/Body class combines Yoga, Tai Chi and Pilates to music. Will improve flexibility, balance, focus, strength and body control.

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' and shakin' the weight off to the sexy, exotic rhythms of salsa, cumbia, samba, merengue and more!

Variety 3

This exciting class is a combination of instructors choice that takes you through varied levels of intensity and moves.

PowerBar 3

The perfect weight training program within a group fitness environment. Energy plus!

Results 3

This circuit style class unites resistance and aerobic exercise, promising amazing results. Exercises challenge your joint stabilisation, core strength, balance, functional flexibility and power.

TBT - Tummy, Butts & Thighs 2

A fat burning workout that uses the body's own resistance to re-define, tone and shape the stomach, buttocks and thighs. Perfect for anyone wanting to burn fat and target the lower body.

BodySculpt 2

A body shaping and toning class which incorporates step and resistance training. This class will improve your strength, muscular endurance and boost your metabolism.

Lite Tone 1

A fun, easy paced class that gives you an introduction to BodySculpt. Perfect for the beginner or returning to exercise.