

# STUDIO/1 (ARENA FITNESS GX STUDIO)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CYCLE CORE 5.45am - 6.30am	PILATES 5.45am - 6.30am			
VITALIZE 9.30am - 10.15am	PILATES 9.30am - 10.15am	VITALIZE 9.30am - 10.15am	YOGA 9.30am - 10.15am	VITALIZE 9.30am - 10.15am	YOGA 9am - 9.45am
					PILATES 10am - 10.45am
ARENA FIT 30 5.30pm - 6.00pm		ARENA FIT 30 5.30pm - 6pm		CYCLE CORE 5.30pm - 6.15pm	
		CYCLE CORE 6.15pm - 7pm	YOGA 6.30pm - 7.15pm		
PILATES 7pm - 7.45pm	YOGA 7pm - 7.45pm		PILATES 7.30pm - 8.15pm		

## CLASSES / [ CLASSES ARE 45 MINUTES EXCEPT ARENA FIT 30 ]

### CYCLE CORE /

Hop on the bike and work through different terrains, different riding positions and resistance and speed levels. This class is low impact and great for developing extreme leg strength, make your core muscles stronger as well as building excellent cardiovascular fitness. All this while training at your own level, with music that makes you want to GO!

**PILATES /** A challenging workout for your abs, arms and legs, while promoting flexibility, strength and stability of the spine. You will perform Pilates mat based exercises, taught with modifications to simplify or intensify the workout to suit ALL levels.

**ARENA FIT 30 /** Our 30-minute, high-intensity interval training (HIIT) total body workout class that combines resistance and bodyweight exercises to burn calories & fat in a shorter period of time. Build strength, boost your metabolism, and get fitter faster!

**YOGA /** Yoga is an ancient system of breathing practices, physical exercise, posture and meditation intended to integrate your body, mind and spirit. This class will seriously help you get a better mobility, balance and flexibility and will help you improve your toned physique.

**VITALIZE /** A successful group fitness training class for our senior members looking to have fun, get moving and gaining strength. We focus on functional, easy to follow exercises that will help you to keep up an active and independent lifestyle.

# STUDIO/2 (ARENA FITNESS GX STUDIO)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMBAT FIT 6am - 6.45am		COMBAT FIT 6am - 6.45am			
					COMBAT TECH & FIT 8am - 8.45am
				COMBAT VITA 9.30am - 10.15am	
	COMBAT YOUTH 4pm - 4.45pm		COMBAT YOUTH 4pm - 4.45pm		
COMBAT STRENGTH 5pm - 5.45pm	COMBAT FIT 5pm - 5.45pm	COMBAT STRENGTH 5pm - 5.45pm	COMBAT FIT 5pm - 5.45pm		

## CLASSES / [ ALL CLASSES ARE 45 MINUTES ]

**COMBAT FIT /** This is a high intensity workout that will burn calories, enhance cardio fitness and make you sweat. There will be a combination of bag and pad work with functional bodyweight movements.

**COMBAT STRENGTH /** Designed to build your strength with exercises that will challenge you and take you to the next level. An intense workout to enhance your strength for any level of boxing or training you might choose to do.

**COMBAT TECH /** Learn the sweet science of boxing. Build and refine your boxing skills in a supervised environment. The fundamentals of boxing are broken down into easy to learn methods to develop your boxing technique, giving you a strong platform to build on.

**COMBAT VITA /** Designed for our Senior members to learn the fundamentals of boxing. This class has easy to follow exercises to create boxing skills, improve fitness and keep moving.

**COMBAT YOUTH /** Participants for Combat Youth are aged from 10 to 17 years old. This class is a boxing fitness based class. Including boxing basics, bag work and pad work. Fun guaranteed while you are getting stronger, healthier and fitter.

All boxing participants must have 12,14 or 16oz boxing gloves for boxing fitness classes.

PH: **09 970 5212**

WWW.ARENAFITNESSANDBOXING.CO.NZ

