

program schedule

HARBOURSIDE



commences Monday 7 May 2012 - NEW classes marked with

All participants must utilise sweat towels for all workouts. NUSport reserves the right to cancel and/or remove classes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
group fitness zone							
6.30AM 45 MIN	RPM Kristy (50min)	6.15AM TRBOX Matthew	RPM Larissa (50min)	6.15AM FIT BOX Shane	BODY ATTACK Helen	RPM Tony (50min)	
7.15AM 55 MIN		7.00AM BODY PUMP Tracy	7.00AM RPM Shane (50min)	BODY PUMP Katie (45 min)	RUN CLUB Fergus (45min)	BODY BALANCE Jenn	
8.00AM 55 MIN						RPM MAX Larissa	
8.15AM 55 MIN						TBW Sam	8.30 AM RPM MAX Shane
9.15AM 55 MIN	STEP & SCULPT Colette	ULTIMATE CONDITIONING Carol	TBW Kathryn	ULTIMATE CONDITIONING Carol	BODY PUMP Danielle	BODY PUMP Kate (45min)	9.30AM BODY BALANCE Chris
10.00AM 55 MIN						BODY BALANCE Karen	
12.10PM 35 MIN	EXPRESS SCULPT Kathryn	RPM EXPRESS Tristan	EXPRESS SCULPT Kathryn	RPM Kate (50min)	BODY BALANCE Chris (45min)		
12.45PM 15 MIN	CRUNCH Kathryn		CRUNCH Kathryn				
1.10PM 35 MIN	ATHLETIC TRAINING Kathryn			FORUM EXPRESS WAY (Gym 30min)	FORUM EXPRESS WAY (Gym 30min)		
4.30PM 45 MIN	ULTIMATE CONDITIONING Sam	STEP & SCULPT Kathryn (55min)	BODY PUMP Katie (55min)	TBW Sam			BODY PUMP Gerard (55min)
5.15PM 25 MIN	CRUNCH MAX Carol			STEP MOVES Kathryn (55min)			
5.30PM 55 MIN		CRUNCH Katie (15min)	RUN CLUB Fergus	CRUNCH Carol (15min)		BODY PUMP Chris	
5.30PM 50 MIN	RPM Cameron	RPM Desiree	RPM Larissa	RPM MAX Desiree (55min)			
5.45PM 45 MIN	TBW Carol	BODY ATTACK Katie	TBW Carol (55min)				
6.15PM 55 MIN				BODY PUMP Helen			
6.30PM 55 MIN	BODY PUMP Cameron	BODY PUMP Helen	6.45PM BALANCE BASICS Karen (15min)				
6.30PM 50 MIN	RPM Bonz	RPM Cameron	RPM Bonz				
7.30PM 55 MIN	YOGA Tina	BODY BALANCE Steve	7.00PM BODY BALANCE Karen				

aqua zone

LAP SWIMMING IS AVAILABLE AT THE CROWNE PLAZA 25M POOL. PICK UP YOUR ENTRY PASS FROM THE FORUM RECEPTION.

key: Studio 1

Cycle zone: Tokens can be collected from Reception 20 min prior to class. Beginners are encouraged to arrive 10 min early for assistance with bike set up. Limited bikes available.

Forum Express Way is conducted in the gymnasium. Meet your instructor at reception.

Run club: Meet at Harbourside reception

TBA Instructor to be announced.

class descriptions

The Forum Health & Wellness Centre

Workshop Way, Honeysuckle

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MIND & BODY		Take time out for you, slow down the pace of daily life, reduce your risk of injury, relieve stress and feel great.	WORKOUT GUIDE 1 = least demanding 5 = most demanding
BALANCE BASICS	Familiarise yourself with the key balance concepts, ideal for any beginner.		1 - 2
BODYBALANCE®	Incorporating elements of Yoga, Tai Chi and Pilates. BODYBALANCE® is a fabulous mind/body class useful for increasing strength and flexibility, improving coordination and balance, and giving an overall sense of wellbeing. Your class ends with some meditation and relaxation.		2 - 4
YOGA	Indulge in our modern day Yoga workout that is guaranteed to torch the calories, recalibrate your body & challenge your mind. Yoga welcomes all ages and fitness levels. Open your heart and realise your personal ability to be the best version of you.		2 - 4
CARDIO		Do your heart a favour. Increase cardiovascular health and train your body to burn fat more efficiently.	
ATHLETIC TRAINING	Incorporating the concepts of circuit training, hit every muscle group using a variety of equipment (medicine balls, weights, skipping ropes), body weight and aerobic exercise. Short, sharp and effective training, time well spent!		3 - 5
BODYATTACK®	Simple, Athletic, Electric! BODYATTACK® is a cardiovascular interval training program combining high intensity aerobics, strength and stabilisation exercises.		4 - 5
FIT BOX	This Functional Interval Training (FIT BOX) class gives you an "all in one" workout, incorporating circuit training, boxing fitness and strength exercises. Equipment such as medicine balls, skipping ropes and stability tools may be used during this unique workout.		3 - 5
RPM®	RPM® is an indoor cycling program for developing cardiovascular capacity. RPM® is a favourite for those wanting to reduce body fat. No coordination necessary! So ride the 'calorie killer'!		3 - 5
RPM MAX®	This RPM® class has two additional tracks, lifting the session intensity. A sure bet to enhance your spin endurance!		4 - 5
RUN CLUB	A super alternative to tracking on the treadmill, put the spring back in your step and join our very own Forum Run Club.		3 - 5
STEP MOVES	A session for the regular stepper looking to increase their creative flare and challenge factors on the step. It's fun, fast and frivolous!		3 - 5
STEP & SCULPT	Athletic & energising step combinations form the body of this class, blended with muscle sculpting intervals to evaporate the calories, shape, tone and condition your body.		3 - 4
TBW (Total Body Workout)	Work the lot in The Forum's signature session! TBW contains simple low impact moves with athletic options and basic muscle conditioning to give you a 'cross training' effect. An accessible session targeting weight loss and overall muscle conditioning. The class may include a short simple step component.*		3 - 4
ULTIMATE CONDITIONING	Your muscular strength and endurance will improve when combined with cardio movement. A great overall workout that feels like you're training one-on-one with a personal trainer. Great for all fitness levels.		3 - 4
SCULPT, STRENGTH & CORE STABILITY		Lose fat, gain muscle, boost metabolism and increase your bone density.	
BODYPUMP®	BODYPUMP® is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. BODYPUMP® is proven to be the 'world's fastest way to get in shape'. BODYPUMP® is for everyone.		2 - 4
CRUNCH	Tighter, firmer, stronger abs! A specialised tummy workout in just 15 minutes.		2 - 3
CRUNCH MAX	This 25 minute workout gives you a real blast for your abs, butt and thighs.		2 - 4
EXPRESS SCULPT	This express format facilitates exercises that engage maximum muscle groups for more effective results, especially for those with a tight schedule. This class may include body weighted exercises, barbells and stability drills.		3 - 5
FORUM EXPRESS WAY	Conducted in the Express Lane of the Gymnasium, this 30 min supervised express resistance workout focuses on all major muscle groups and will have you in and out in no time. Meet your Instructor at the main reception area.		2 - 4
TRBOX	Mix it up in this hybrid session. A blend of suspension training and Fit Box drills to energise your body and mind.		3 - 5
TRX® CIRCUIT	TRX® CIRCUIT is a 'One Stop Shop' effective suspension training, combined with cardio stations, for strength, balance, flexibility and core stability. All places, all levels, all the time – Make your body your machine!		3 - 5

Opening Hours Weekdays 6.00 am – 10.00 pm
Weekends 7.00 am – 9.00 pm
Hours will vary on public holidays

Childminding Hours Monday - Wednesday 9.00 am – 1.30 pm
Thursday - Friday 9.00 am - 12.00 pm
Monday & Tuesday 4.15pm - 6.30pm
Wednesday 4.15 pm – 7.30 pm
Saturday 7.45 am – 11.30 am

* This is a guide only and may vary for individual participants