

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am							
7.00am							
8.30am						8:30	8:30
9.15am						9:30	9:30
10.30am						10:15	
12.15pm							
1.00pm		★		★		<p><b>Staffed Hours:</b></p> <p>Mon – Thurs      5:45am – 8:00pm</p> <p>Friday              5:45am – 7:00pm</p> <p>Saturday            7:30am – 1pm</p> <p>24/7 Access available</p>	
4.30pm							
4:45pm	★	★	★				
5.30pm							
6.30pm							

<b>PUMP</b>	<b>ABT</b>	<b>POWER YOGA</b>	<b>TAIBO</b>
Get ready to tone those muscles and increase your metabolism with this full-body, resistance training class using barbells.	This Abs, butt and thighs class focuses these problematic ladies areas. ABT involves toning, strengthening and stretching to build a strong core, glutes and curves.	Yogalates combines the best aspects of Yoga and Pilates together to stretch, strengthen core, mind and body.	Is a high energy workout based on shadow-boxing & kicking moves. Get fit, lose weight, tone up and have fun!
<b>BOXFIT</b>	<b>PILATES</b>	<b>STEP</b>	<b>SUSPENSION TRAINING</b>
This high intensity class combines boxing technique with punching combinations on focus pads. Get out some frustration, burn calories, tone up and get fighting fit!	This class is focused on increasing strength and awareness of the core incorporating stability, flexibility & balance.	A class with a mix of creative routines and a whole lot of rhythm based on and around the step. With intermediate choreography this class is designed to extend your step skills, challenging the mind and body.	Suspension Training is the original, best-in-class workout system that leverages gravity and your body weight to perform exercises that build power and increase strength, flexibility, balance and mobility.
<b>BODY BLAST</b>	<b>ZUMBA</b>	<b>RELAX YOGA</b>	<b>F.I.T</b>
A high energy - circuit style class, that will burn calories, tone and shape your entire body.	The class that started the dance-fitness revolution and changed the way we look at "workout" forever. It's fun, effective and best of all, made for everyone.	Yoga consists of postures, breathing & relaxation to enhance flexibility and mental awareness and reduce stress.	Incorporates different training techniques with endless variety, to build strength, fitness and stamina.
<b>HIIT</b>	<b>STRETCH &amp; RELEASE</b>	<b>BURN &amp; SCUPLT</b>	<b>DANCE JAM</b>
A functional high intensity workout that pushes you through short but intense intervals of anaerobic work followed by short rest periods. Designed to push your body to its max to burn calories and tone the body head to toe.	This class is designed to stretch and release all your tight muscles and myofascial tissue to eliminate pain and restore motion into your body. This class consists of foam rolling, trigger point release, as well as stretching using bands and body weight to relieve stress, aches, pains and reduce injuries.	This class will focus on strengthening muscles you never knew you had. Strengthen, tone, and sculpt your entire body while also generating a metabolic effect that will continue to burn fat for hours after the workout	Come bust a move with the Dance Jam Fam and be inspired by a great mix of pop, Hip-hop, funk, jazz, Latin and modern dances (and more!) to melt off calories, but have a great time doing it!

*PLEASE NOTE: All classes are for all fitness levels. Instructors will explain how to adjust the workout to your level and build yourself up for the new challenge. If it is a cardio class, do not hesitate to take small breaks and build your fitness level up.*

★ Classes with a star assigned is an express class of 30 minutes.  
 6am, 7am, 9:15am, 10am Classes are all 45 minutes. 10:30am classes are 55 minutes. All evening 5:30/6:30pm.  
 Turn up early to ensure a place in the class. Occasionally classes may need to be changed or cancelled due to sickness.  
 Classes subject to change over Christmas period and public holidays.



<https://www.facebook.com/FitnessHQAlbany/>

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