# FITNESS HQ for Women

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **6.00am** | F.I.T | | SUSPENSION TRAINING | | Body Burn | | |
| **8.30am** | | | | | | FIT HOP | PUMP |
| **9.30am** | POWER YOGA | Body Burn | ABT | PUMP | STRETCH & RELEASE | ABT | RELAX YOGA |
| **10:15am** | | | | | | BOX FIT | |
| **12.15pm** | F.I.T | | SUSPENSION TRAINING | | F.I.T | | |
| | | | | | | Staffed Hours | |
| **5.30pm** | Body Burn | POWER YOGA | pilates | STEP | | Monday – Thurs 5:45am – 8pm Friday 5:45am – 7pm Saturdays 7:30am – 1pm | |
| **6.30pm** | PUMP | TAIBO | FIT HOP | Body Burn | | 24 Hour access available for members | |

www.facebook.com/FitnessHQAlbany

Book your classes through our website

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www.instagram.com/fitnesshqforwomen

| PUMP | ABT | F.I.T | TAIBO |
| --- | --- | --- | --- |
| 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. | A bootcamp style class that incorporates different training techniques with endless variety, to build strength, fitness and stamina. | Is a high energy workout based on shadow-boxing & kicking moves. Get fit, lose weight, tone up and have fun! |
| **BOXFIT** | **POWER YOGA** | **STEP** | **FIT HOP** |
| 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! | A faster paced style yoga, flowing from different postures coordinated with and guided by deliberate breath. a moving meditation that creates strength, flexibility, and fluidity in the body and mind. | 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. | Come bust a move with Fit Hop 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! |
| **RELAX YOGA** | **PILATES** | | |
| Consists of holding postures, breathing & relaxation to enhance flexibility and mental awareness and reduce stress. | This class is focused on increasing strength and awareness of the core incorporating stability, flexibility & balance. | | |
| **STRETCH & RELEASE** | **SUSPENSION TRAINING** | **BODY BURN** | |
| 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. | 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, all while using your core! | This high energy class will focus on burning calories and 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 | |

*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.*

6am and lunch time classes are all 45 minutes. Saturday's ABT and Boxfit are 45 mins. All other classes are 55 mins.

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.