

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am							
7.00am							
8.15am						<i>Dance Jam</i>	
9.15am							
10.15am							
10.30am							
12.15pm							
1.00pm	★		★		★	Opening Hours: Monday – Thursday 5.45am – 8.30pm Friday 5.45am – 7.30pm Saturday 7.30am – 2.30pm Sunday 7.30am – 1.00pm	
4.30pm							
4:45pm	★	★	★				
5.30pm							
6.30pm		<i>Dance Jam</i>					

PUMP	ABT	POWERHOOP	PILATES
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.	The Powerhoop workout is a class using a weighted hoop is used as a resistance tool for stretching, aerobic training and strengthening (especially core!). But most of all, HAVE FUN!	This class is focused on increasing strength and awareness of the core incorporating stability, flexibility & balance.
BOXFIT	YOGALATES	STEP	BOOTCAMP
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!	Combining the best aspects of Yoga and Pilates together to stretch, strengthen core, mind and body.	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.	Incorporates different training techniques with endless variety, to build strength, fitness and stamina.
BODY BLAST	ZUMBA	YOGA	
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.	
HIIT	SUSPENSION TRAINING	BURN & SCULPT	DANCE JAM
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.	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.	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 Classes are all 45 minutes. 10:30am classes are 55 minutes. All evening 5:30/6:30pm & weekend classes are 55 minutes.

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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