



# Studio 1

## MONDAY

- 6:00 am Strength & Conditioning with Matteo
- 9:30 am Metabolic Conditioning for Boomers
- 12:00 pm Barre & Rhythm Pilates
- 5:00 pm Barre & Rhythm Pilates
- 6:00 pm Metabolic Conditioning

## TUESDAY

- 6.00 am Barre & Rhythm Pilates
- 9:00 am Strength & Conditioning with Matteo
- 10:00 am Strength for Boomers with Matteo
- 12:00 pm Stretch & Release
- 5:00 pm Fusion
- 6:00 pm TRX Flow

## WEDNESDAY

- 6:00 am Strength & Conditioning with Matteo
- 9:30 am Barre & Rhythm Pilates
- 12:00 pm TRX Flow
- 5:00 pm TRX Express (45 minutes)
- 6:00 pm Pilates Reactivated

## THURSDAY

- 6:00 am Barre & Rhythm Pilates
- 9:00 am Strength & Conditioning with Matteo
- 10:00 am Strength for Boomers with Matteo
- 12:00 pm Strength & Mobility
- 5:00 pm Pilates Reactivated
- 6:00 pm Fusion

## FRIDAY

- 6:00 am Metabolic Conditioning / Strength & Mobility (Alternate weeks)
- 9:30 am Dance Fitness for Boomers
- 12:00 pm Pilates Reactivated
- 4:00 pm TRX Flow
- 5:00 pm Stretch & Release (Streamed on alternate weeks)

## SUPER SATURDAY

- 8:00 am Pilates Reactivated
- 9:30 am ConFusion
- 11:00 am Barre & Rhythm Pilates

## SUNDAY POP UP

- Yoga Beats: Dates and times announced via email and socials  
Aqua Zumba: Seasonally at Molong Pool

We welcome



Follow us on socials for  
daily class reminders and  
Studio highlights



Livestream via  
our website

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# CLASS DESCRIPTIONS

## BARRE & RHYTHM PILATES

Combines the strength, control and precision of Pilates combined with the strength of simple Yoga and Tai Chi flows. Release, restore, length and strengthen. All set to motivating and inspiring music.

## CONFUSION

What happens when you mash up your favourite Fusion tracks with the strength training of Metabolic Conditioning? Con-fusion! Now you get the best of both worlds. Cardio, strength and mobility training – we have got you covered!

## DANCE FITNESS FOR BOOMERS

Dancing our way to fitness! Mobilise joints, improve balance and coordination, all to tunes you will love.

## FUSION

A high energy class set to motivating music to build strength, cardio and endurance. The most fun you have ever had getting sweaty!! We fuse together boxing, yoga, Pilates, weights and other props to challenge, strengthen, stabilise and restore balance and symmetry throughout the muscular system.

## METABOLIC CONDITIONING

A full body interval class that works all planes, different energy systems, and multiple muscle groups. Designed to improve strength, power, athletic performance, and core stability. It's a fast moving, fun, and results driven class that's easily accessible to all levels.

## MET CON FOR BOOMERS

Our metabolic conditioning class, only slightly modified for boomers. This simple yet effective class design addresses all elements of healthy metabolism and strength; strong muscles, stability, cardiovascular health and mobility. Not a boomer but the time suits you? Come along . . . all moves can adapt for all levels.

## PILATES REACTIVATED

Mat style Pilates updated to accommodate modern day alignment and postural habits. Develop an understanding of how the body moves including awareness of subconscious habits, often the cause of tightness and restriction. Learn to build strength and endurance throughout each day to support and stabilise whether at the desk or enjoying your favourite physical activity.

## STRENGTH & CONDITIONING

Incorporates functional fitness concepts in a small group environment to create a motivating class to build strength and cardiovascular fitness. Suitable for all levels.

## STRENGTH & MOBILITY

A dynamic class designed to improve posture, circulation, range of motion and joint health. Including a focus on breathwork, this class will hydrate fascia, reduce stiffness, improve balance, enhance performance and recovery. Mobility does not come from stretching, it comes from having the strength to hold space around the joints so they can move freely through a full range of motion whilst being supported muscularly. A perfect complement to your other training or activities to increase movement efficiency and longevity.

## STRENGTH FOR BOOMERS

This class provides a healthy and safe space where you'll be working on most of the elements necessary to healthy ageing. Improve cardiovascular strength, balance, bone density and reverse muscle loss. This will help you manage and reduce the risk of chronic disease while slowing down aging, so that you can make the best of your golden years.

## STRETCH & RELEASE

A class purely designed to release and lengthen. Tightness can be caused by any repeated movement or holding pattern. Learn how to gently and effectively release both muscle and connective tissue to unravel the factors of another day and prepare for any sport or activity.

## TRX FLOW

Explore Yoga, Pilates and mobility training on the TRX suspension trainers. Improve mobility and flexibility through building stability in hips, shoulders, pelvis and spine. Moving slowly demands stability and stability provides increased mobility. This class will both challenge you and release you. TRX trainers provide the environment to readily adapt to all levels from beginners to advanced.

## YOGA BEATS

Yoga choreographed to music; be inspired and motivated to move through a Vinyasa style yoga class. Feel energised by a great workout, lengthened, and released through constant flowing poses and enjoy a sense of calm as you go through a form of moving meditation.



Please book online to secure your place in class or via the GymMaster app.

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