



Group Training Descriptions

Personalised Training Zone (PTZ)

PTZ are times (indicated by the yellow in the timetable below) during which a Quay Fitness Trainer is on hand to guide you. Be guided through your own program, ever changing workouts set on our whiteboards or join with other members and incorporate any of the group fitness classes below. **PTZ** gives you the flexibility to turn up whenever it suits you and the ongoing support and motivation to reach your health and fitness goals.

Yoga/Yoga Fusion

Guaranteed to improve your posture, stretch out tight muscles, improve your core strength and pelvis stability, resulting in a strong, pain free lower back and fantastic abdominal strength and tone. Yoga Fusion also incorporates extra abdominal exercises.

Group It

Is a revolutionary new workout system designed by Quay Fitness. Ever changing circuit workouts are performed in small teams. Teams race against each other, the clock and within the trainers "rules" to finish each circuit as fast as possible. Group It will test your physical fitness as well as require you to work with your fellow participants.

Circuit Works

Medium to high repetition resistance exercises targeting the entire body. Build and tone every muscle in your body increasing your metabolism.....permanently. Participants work to their own fitness level under the guidance of our group fitness trainer. Whether your goal is to lose fat, tone up gain strength this is the class for you.

Knockout

The perfect class for getting rid of some of the weeks frustrations. Work through high intensity boxing combinations for an intense upper body and cardio workout.

	Monday	Tuesday	Wednesday	Thursday	Friday
6.45am	Radan	7:00 – 8:00 Yoga Ben	Radan	7:00 – 8:00 Yoga Fusion Abbey	Reagan
7:30am					
12:00pm	12.15 - 1.00 Run For It	12.15 - 1.15 Circuit Works	12.15 - 1.15 Yoga	12.15 - 1.00 Group It	12.15 -1.00 Knockout
1:00pm	Radan	Karl	Nicole	Radan	Reagan