

# Bennettswood Fitness Group Exercise Program

393 Burwood Hwy, Burwood Vic 3125

Telephone: (03) 9808 9033

## AEROBIC STUDIO (60 MINS)

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.30am							Hi/Lo
10.00am	Abs & Butts	Dance Fit	Step	X-Trainer	Pilates		
10.30am						X-Trainer	
5.30pm	Hi/Lo	50/50	Power Bar	Zumba			
6.00pm					Hi/Lo		
6.30pm	Step	Dance Fit	Combat Cross	Aero Moves			
7.30pm	Power Bar	ABS & Butts	Step Sculpt				

## CLASS DESCRIPTION

### AEROBICS

#### Abs & Butts

A muscle conditioning class. Easy to follow exercise that tone the legs & abs.

#### Combat Cross

Martial arts based class with lots of punch & kick combinations. Great workout.

#### Hi/Lo

An invigorating cardio workout. A combination of Hi and Lo impact moves. Some choreography. No equipment.

#### Power Bar

Shape your body using barbell weights. No coordination needed, great for guys & girls of all levels.

#### Step

A choreographed step class that will have you sweating. A great cardio work-out.

#### Step Sculpt

30 mins of easy to follow step & 30 mins of toning exercises with weights. Requires little co-ordination, great for guys & girls.

#### X-Trainer

A 90 mins workout with the lot! Choreographed Hi/Lo, step & toning combinations.

#### 50/50

Half Hi/Lo, half step. Fun, diverse and motivating.

#### Dance Fit

A fun latin style class for fitness and shape, all levels.

## CIRCUIT STUDIO (45 MINS)

Time	Mon	Tues	Wed	Thurs	Fri	Sat
6.30am	Fat Burner		Body Sculpt		Boxing Circuit	
9.30am	Fat Burner	Boxing Circuit	Fat Burner	Boxing Circuit	Body Sculpt	Fat Burner
6.00pm	Fat Burner		Boxing Circuit			
6.30pm		Fat Burner		Body Sculpt		

## MIND AND BODY STUDIO (60 MINS)

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9.15am						YOGA
10.00am					Pilates	
6.00pm				Pilates		
7.00pm	Pilates		Pilates			
7.30pm		Yoga Combo				

## CIRCUITS

### Body Sculpt

A toning & shaping class using moderate to heavy weights.

### Boxing Circuit

A dynamic body shaping and fitness class with punch and kick combinations.

### Fat Burner

Burn those calories! A combination of cardiovascular exercise using light to moderate weights.

## BODY & MIND STUDIO

### Pilates

Improves your core stability and achieve a trimmer waist and better posture.

### YOGA

Yoga postures performed with corrective breathing emphasis.

### YOGA Combo

A well-being class consisting of yoga postures with some pilates moves to conclude.

**KIDS GYM (Age 8 - 14)**  
Monday & Wednesday (4.15pm)

**LLLS - Fitness for over 55's**  
Monday, Tuesday and Thursday (11am)

# BFC News!!!

## Living Longer Living Stronger

LLLS Fitness for the over 50's

# 11am

Monday

Tai Chi

Tuesday

Group Strength

Thursday

Group Strength

## Personal Training Results Achieved Fast

- Weight Loss
- Fitness
- Strength

Introductory Offer

# 3 for \$59.95

\* Conditions apply

## Massage & Naturopath

- \* Relaxation
- \* Deep Tissue
- \* Sport
- \* Weight Loss
- \* Optimise Health

Fully claimable on Private Health Cover

\*\*\*\*\***Book at Reception**\*\*\*\*\*

## Creche

Bookings must be made at Reception  
*Your kids will love it!!!*

Monday - Friday

9.00am - 12.00pm

## Bennettswood Fitness Centre Hours

Monday	6.00am - 9.00pm
Tuesday	6.00am - 9.00pm
Wednesday	6.00am - 9.00pm
Thursday	6.00am - 9.00pm
Friday	6.00am - 8.00pm
Saturday	8.00am - 5.00pm
Sunday	9.00am - 1.00pm

## Refer A Friend

Book a friend or family member in  
for a **FREE guest pass**

and if they join you will receive

**1 Month membership FREE**

\*\*\* See Reception TODAY \*\*\*\*

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[www.bennettswoodfitness.com.au](http://www.bennettswoodfitness.com.au)