



AEROMAX GROUP FITNESS February 2012

	Mon	Tue	Wed	Thu	Sat	Sun
5:45 AM	 BOXERCISE 45					
9:15 AM	 THT 45	 BOXERCISE	 BODY ATTACK	 ZUMBA fitness 45	 BOXERCISE 45	
10:00 AM					 ABS xps	 CYCLE xps
6:00 PM	 BODY PUMP	 BODY STEP	 ZUMBA fitness 45	 CIRCUIT xps	10:30 AM  CYCLE xps	
6:30 PM				 ABS xps		
7:00 PM	 ZUMBA fitness 45	 CYCLE 45	 THT 45	 CYCLE xps		
7:45 PM		 ZUMBA fitness 45				

Welcome to AeroMax... look, feel and be healthy
It takes as little as 30 minutes 3 times a week so get started today!

Werribee Plaza Shopping Centre
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AeroMax
FITNESS
HEALTH CLUB

AEROMAX GROUP FITNESS SESSION GUIDE

ABS xps focuses on toning and strengthening your abdominal and back areas. This 30 minute power session will provide you with a challenging and effective core workout. Sessions are designed for all participants from beginners right through to advanced. Seriously fan-abs-tastic!

BODY ATTACK® is a cardiovascular interval training program that combines high intensity aerobics, strength and stabilisation exercises. Sessions are high in motivation, provided by dynamic instructors and exciting music. All participants can achieve their fitness goals by following the simple movements. BODYATTACK® is a rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength.

BODY PUMP® is an overall body training session using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The session finishes with a cool-down and stretch.

BODY STEP® is a cardiovascular program that uses a height-adjustable step. Providing a high energy cardio workout to music, BODY STEP® features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body while pushing fat-burning into high gear.

BOXERCISE pushes the limits of your endurance and strength in this fun, motivating session. The revolution of boxing and circuit training has all the benefits of high calorie burning and cardio fitness combined with interval and variety. Let your boxing coach blitz you into shape!

CIRCUIT improves all 'round physical fitness with a great combination of individual exercises that allow you to exercise to your own limit... loads of variety and fun! A high level of personal instructor interaction make these sessions ideal for those wanting to safely challenge their physical boundaries to recovering from injury and are absolutely suitable for all fitness levels.

CYCLE takes you for the ride of your life! 30 and 45 minute sessions utilise heart-rate training principles to optimise calorie burning, cardiovascular fitness and provides a challenge for the first timer through to the most advanced participant. You work at your own pace in sessions that focus on endurance, strength, interval recovery or race day. Power along to the groove of sensational music, motivating trainers and burn fat fast.

THT Tummy, hips and thighs is a 45 minute lower body session that will tone and shape your legs and abdominals like nothing else. With a big emphasis on core work, this class will get you the results you are looking for.

ZUMBA® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

AeroMax Group Fitness sessions are 55 minutes in duration except '45' sessions which are 45 minutes and 'xps' sessions which are 30 minutes.