



MASSEY UNIVERSITY  
RECREATION CENTRE ALBANY

# GROUP FITNESS TIMETABLE

| TIME    | MONDAY   | TUESDAY                         | WEDNESDAY                       | THURSDAY | FRIDAY                          | SATURDAY       |
|---------|----------|---------------------------------|---------------------------------|----------|---------------------------------|----------------|
| 6.30AM  | FCT      |                                 | CIRCUIT                         |          | CIRCUIT                         |                |
| 7.45AM  |          | YOGA                            |                                 |          |                                 | 8.10am<br>RIDE |
| 9.00AM  | 20-20-20 | PUMP                            | FCT                             | ABT      | ZUMBA                           | PUMP           |
| 10.15AM |          |                                 | ZUMBA                           | YOGA     |                                 | BELLY DANCING  |
| 12.30PM |          |                                 | SKB<br>Muay Thai<br>KICK BOXING |          |                                 |                |
| 4.00PM  |          | SKB<br>Muay Thai<br>KICK BOXING |                                 |          |                                 |                |
| 5.30PM  | STEP     | PUMP                            | FCT                             | FCT      | 4.30pm<br>powerhoop             |                |
| 6.00PM  |          |                                 |                                 |          | SKB<br>Muay Thai<br>KICK BOXING |                |
| 6.30PM  | ZUMBA    |                                 | YOGA                            | ZUMBA    |                                 |                |
| 7.30PM  |          |                                 |                                 | CEROC    |                                 |                |

PLEASE NOTE: YELLOW CLASSES ARE INCLUDED IN YOUR MEMBERSHIP NON YELLOW CLASSES ARE NOT INCLUDED IN YOUR MEMBERSHIP. ADDITIONAL CHARGES APPLY

# CLASS DESCRIPTIONS

## **FCT:**

Team Training - Blending Cardio and Strength exercises together to burn fat & build muscle at the same time. No machines, just you, your body, and the will to complete!

## **ABT:**

ABT is a great way to tone up your ab's, butt and thighs through weight resistant exercises. Accompanied by music, you will be working out with pump bars and weights  
Suitable for all

## **YOGA:**

Iyengar yoga balances your fitness routine by stretching and strengthening your muscles. This form of yoga emphasises correct alignment of the body incorporating the use of equipment props as necessary. It is a complete system for body, mind and soul.

## **PUMP:**

Three blocks of progressive loading weight training, mixed with two blocks of cardiovascular training (one basic step, one basic athletic aerobic) gives you Pump. The combination of muscular work with cardiovascular segments ensures an intense, complete and effective workout for all. Add Pump to your fitness regime and shorten your training time to maximise your results.

## **CIRCUIT:**

A 45 minute structured, high intensity, full body workout using a mixture of weights and cardio.

## **20-20-20:**

20/20/20 is a combination class with approx 20mins of step, body weight exercises and high intensity cardio.

Lots of variety to make working out fun.

## **STEP:**

A cardiovascular workout that targets thighs and buttocks using simple blocks of choreography. An all abilities class, where by simply adjusting the platform height all needs are catered for.

## **RIDE:**

Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. This class is for the beginners as well as seasoned cyclists!

## **SKB MUAY THAI KICK BOXING:**

Muay Thai is a combat sport from the Muay martial arts of Thailand that uses stand-up striking along with various clinching techniques. Muay Thai at Massey Recreation Centre can help achieve your various goals whether they are to lose weight, learn a martial art, or simply to increase your fitness. Come along and learn from our experienced Muay Thai instructor in a positive, fulfilling atmosphere. \*Gloves and wraps provided.

## **CEROC:**

The name 'Ceroc' is said to derive from the French "C'est le roc" (it's roc), used to describe rock n' roll dancing in French. It is a partner dance that fuses salsa and French jive together, but without the complicated footwork. Ceroc is simple to learn and classes are always great fun. Come along and meet new people - Beginners welcome and no experience is necessary. No dance partner needed so don't let that stop you from learning Ceroc!

## **BELLY DANCING:**

Learn Belly Dancing through classes and choreographies that fuse contemporary concepts with the traditional roots of belly dance. Classes are focused on the education of the movements, history and culture of the various modern and folkloric styles of the Middle East, to give students a holistic experience that is all together challenging, fun and rewarding. Classes are for all women of any age, size or fitness level. No experience necessary.

## **POWERHOOP:**

The Powerhoop workout is an incredibly fun way to get into great shape. Waist trimming, core strengthening, stronger back and slimmer hips with an aerobic workout on top.

Classes in blue are not included in membership, additional charges apply. Please see reception for more information.