

COMMENCEMENT DATE: MONDAY 27TH FEBRUARY
 GROUP FITNESS CLASSES VALID UNTIL 30TH APRIL 2017

HALE gym

HALEHEALTH.COM.AU
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOXING 5:45am – 6:45am Group Fitness Room Instructor: Kristan Armstrong	BOXING 5:45am – 6:45am Group Fitness Room Instructor: Kristan Armstrong	BOXING 5:45am – 6:45am Group Fitness Room Instructor: Kristan Armstrong	BOXING 5:45am – 6:45am Group Fitness Room Instructor: Kristan Armstrong	BOXING 5:45am – 6:45am Group Fitness Room Instructor: Kristan Armstrong	VINYASA/RESTORATIVE YOGA 8:45am – 9:45am Yoga Studio Instructor: Niki Moorcroft	VINYASA YOGA 10:00am – 11:00am Yoga Studio Instructor: Niki Moorcroft
VINYASA YOGA 6:00am – 7:00am Yoga Studio Instructor: Ramone Bisset	VINYASA YOGA 6:00am – 7:00am Yoga Studio Instructor: Ramone Bisset	VINYASA YOGA 6:15am – 7:15am Yoga Studio Instructor: Niki Moorcroft	EXPRESS SPIN 12:15pm – 12:45pm Spin Studio Instructor: Jess Brice	VINYASA YOGA 6:00am – 7:00am Yoga Studio Instructor: Ramone Bisset	YIN/RESTORATIVE YOGA 10:00am – 11:00am Yoga Studio Instructor: Niki Moorcroft	YIN YOGA 4:00pm – 5:00pm Yoga Studio Instructor: Niki Moorcroft
EXPRESS SPIN 12:15pm – 12:45pm Spin Studio Instructor: Jess Brice	EXPRESS SPIN 12:15pm – 12:45pm Spin Studio Instructor: Jess Brice	RESTORATIVE YOGA 7:30am – 8:30am Yoga Studio Instructor: Niki Moorcroft	EXPRESS BOXING 12:15pm – 12:45pm Spin Studio Instructor: Kristan Armstrong	EXPRESS SPIN 12:15pm – 12:45pm Spin Studio Instructor: Jess Brice	VINYASA YOGA 4:00pm – 5:00pm Yoga Studio Instructor: Niki Moorcroft	
EXPRESS SPIN 1:00pm – 1:30pm Spin Studio Instructor: Jess Brice	EXPRESS BOXING 12:15pm – 12:45pm Spin Studio Instructor: Kristan Armstrong	EXPRESS SPIN 12:15pm – 12:45pm Spin Studio Instructor: Jess Brice	EXPRESS SPIN 1:00pm – 1:30pm Spin Studio Instructor: Jess Brice	EXPRESS BOXING 12:15pm – 12:45pm Spin Studio Instructor: Kristan Armstrong		
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	VINYASA YOGA 5:45pm – 6:45pm Yoga Studio Instructor: Ramone Bisset	YIN/RESTORATIVE YOGA 7:00pm – 8:00pm Yoga Studio Instructor: Niki Moorcroft				

CLASS DESCRIPTIONS

SPIN

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

YIN YOGA

Yin Yoga targets the connective tissues along with the energetic systems of the body, bringing the body into balance and increasing its natural range of motion. It is a restorative, ground based practice involving long holds with focused fascial stretching and joint decompression.

VINYASA YOGA

A vigorous, more athletic approach to yoga characterised by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

BOXING

A technique based class using heavy bags, focus pads and jump ropes. Handwraps and gloves are recommended.

CLASS PRICES: \$20 PER SESSION OR \$18 PER SESSION FOR 10 CLASS PACK