

# ROAR FITNESS 247 CANNINGVALE

RECEPTION@ROARFITNESS247.COM.AU







## GROUP FITNESS TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIMES	SATURDAY
6.00AM	metafit BODYWEIGHT TRAINING	LES MILLS BODYPUMP	HIITSTEP	Xtreme Circuit	LES MILLS BODYPUMP	8.30AM	HIIT BOXING
6.30AM	ABS EXPRESS					9.00AM	metafit BODYWEIGHT TRAINING
9.00AM	metafit BODYWEIGHT TRAINING	KONGA	LES MILLS BODYPUMP	Xtreme Circuit	LES MILLS BODYPUMP	9.30AM	LES MILLS BODYPUMP
9.30AM	HIITSTEP					10.30AM	meta PWR
10.00AM	LES MILLS BODYPUMP	ABT	Vinyasa YOGA	LES MILLS BODYBALANCE	HIITSTEP		
10.30AM							
11.00AM					MUMS N BUBS		
4.00PM			KID FIT	KID FIT			
4.30PM		Xtreme Circuit					
5.00PM	BOOTY BURN				PURE STEP		
5.30PM	ROAR BOXING	Xtreme Circuit	LES MILLS BODYPUMP EXPRESS	HIIT BOXING			
6.00PM			metafit BODYWEIGHT TRAINING	HIITSTEP			
6.30PM	LES MILLS BODYPUMP	KONGA	LES MILLS BODYBALANCE	YIN YOGA			
7.00PM							
RPM/SPIN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM			SPIN		HIIT CYCLE		
6.15AM							
9.00AM						SPIN	
9.30AM	SPIN	HIIT CYCLE		SPIN			
6.00PM	BoxaBIKE		HIIT CYCLE				

**BRING A FRIEND FOR FREE  
TO YOUR FAVOURITE CLASS  
SPEAK TO A FRIENDLY  
TEAM MEMBER TODAY**

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# GROUP FITNESS DESCRIPTION

	<p>The original barbell class that strengthens your entire body. This 60-minute workout challenge marries Tech equipment here for ease of use when it comes to picking your weight and changing over on your bars. We have an extensive weight collection so you will always find the weight that suits you</p>
	<p>This 55 minute spin class drives home two objectives: utilizing variable pedal cadence to increase the training effect and increasing intensity by minimising breaks between tracks. As one song finishes, the next one roars back in and the workout is ON again. Push yourself and you will be killing calories- this program is designed to meet the demands of all lovers of cycle!</p>
	<p>HIIT CYCLE is a 30 minute high intensity interval training using a spin bike to achieve fast results. It is short and intense with no impact to joints and achievable for people with limited movement and mobility. It will challenge you physically and mentally, accelerate fat burning and cardiovascular fitness.</p>
	<p>BoxaBIKE is a high-energy, group fitness class that runs to music that fuses boxing (with wrist weights) and stationary cycling, simultaneously. Combining upper and lower body conditioning, it is the ultimate low impact, cardio and resistance style class in one, and is suitable for all fitness levels. Results can be achieved rapidly on this endorphin-releasing ride.</p>
	<p>An intense 30 minute workout with a combination of weight lifting, plyometric &amp; resistance bands aimed at toning, shaping and strengthening the butt and thighs.</p>
	<p>HIITSTEP is a NEW and innovative 30 minute HIIT exercise class using only bodyweight and a STEP. It has been developed using the expertise and experience from those that have competed for and worked with Team GB. Designed to bespoke soundtracks that have been created by some of the UK's top House DJs, HIITSTEP is a high energy class that pushes you to NEW limits.</p>
	<p>Metafit is a 30 minute class focused on HIIT style training and designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible. Metafit gets results because it creates a metabolic disturbance increasing your resting metabolic rate and increasing fat burning. This workout can be scaled back and is suitable for moderate to advance fitness levels.</p>
	<p>Created by a former Royal Marine Commando Metafit combines traditional bodyweight exercises with the latest HIIT training techniques - MetaPWR is the new metabolic workout using functional equipment and exercises mixed with our unique brand of metafit timings, commands and music for a 30 minute power workout</p>
	<p>Targeting the core area and delivering a short succinct 30 minute session, abs express generally follows a Metafit class and is the perfect combination for fat burning and muscle toning.</p>
	<p>FREE for all people even non members Roars Mum's &amp; Bub's classes is for mums looking to get back into fitness. These no-cost classes are offered to both members and non-members of the gym and focuses on functional movements and bodyweight exercises using your bub as your weight. *A playmat or capsule is required. No prams. Free Entry – Members &amp; Non-Members Ages 8 weeks to 18 months</p>
	<p>Roar Kids offers a great way for children to get active, maintain their fitness and ensure physical development! Our group based fitness programs offer a fantastic way to introduce kids to a regular exercise regime. When done in a motivating, fun and supportive environment, children thrive as they combine FUN, FITNESS and SPORTS DEVELOPMENT. Free for Roar Fitness 247 Members Kids Only \$5 p/child for Non-Members Ages 5-10 Years Book at Reception *details below</p>
	<p>KONGA is a wild mash-up of Boxing, Kickboxing, Cardio, Afro, Pop, Rock, Pilates, Disco &amp; everything in between. Konga is so addictive because it is the perfect concoction of easy-to-do moves, insane music &amp; routines that are specifically designed to shape, sculpt &amp; redefine your physique. You will go from striking your imaginary opponent, to sexy hip shaking to Beyonce, to a wild Ab Crunching routine. It's the one class that really does have it all! BURN up to 700 Calories!</p>
	<p>Boxing workouts are one of the best ways to reduce body fat and not to mention a great way to increase your fitness on ALL levels – Cardiovascular, Strength, Aerobic and Anaerobic...FAST! Boxing helps to build and boost your self-confidence through the self defence techniques and combinations learnt during the sessions. It's important for both men and women to feel like they have some idea of how to deal with conflict and confrontation and develop the confidence to protect themselves. Research shows that people who box regularly are happier as they are relieving tension and stress – a tool used to de-stress and release anger and negative emotions.</p>
	<p>ABT stands for 'abs, butts and thighs' and is an effective class targeting the legs and butt! Utilizing the largest muscles in the body, this class is a massive calorie burner and is a fantastic way to shape and tone your body in 30 minutes of targeted training.</p>
	<p>Pure Step advanced combines both basic and complex moves around a stepping platform. Participants will be challenged head to toe in this calorie blasting workout. Power Step is encouraged first before participation in this advanced level class. Class duration is 60 minutes.</p>
	<p>Xtreme Circuit is a constantly changing 60 minute class that suits any individual who enjoys training in a group environment. The class uses body weight, free weights and cardio exercises that aim to shape, tone, improve cardio fitness and endurance. All exercises can be easily adapted and modified to either increase or decrease the intensity of the workout</p>
	<p>The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.</p>
	<p>Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit "to place in a special way," vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Inhalation is usually connected to upward, open movements, while exhalation is often tied to downward movements or twists.</p>
	<p>YIN YOGA targets our deepest tissues of the body, our connective tissues — ligaments, joints, bones, and the deep fascia networks of the body — rather than the muscles.</p>
	<p>HIIT Boxing has all the elements &amp; benefits of our traditional boxing class but by working on freestanding bags you eliminate the rotation of swapping between pad holding &amp; punching so the intensity is jammed packed into 30 minutes with smaller recovery intervals.</p>