

DERBY GROUP FITNESS TIMETABLE

Effective February - April 2019

MON	TUE	WED	THU	FRI	SAT
	5.15am SOULZONE**		5.15am SOULRIDE*	5.15am TRANSFORM	
		8.30am SOULZONE**		8.30am BODYPUMP	7.30am SOULRIDE*
					8.15am BODYPUMP
4.45pm SOULRIDE*				 <p>Bookings must be made online for RPM & Crèche * 30 mins ** 45 mins</p>	
	5.00pm BODYPUMP	5.00pm BODYATTACK/ TABATA Alternating weeks check website for updates			
5.30pm AQUA TABATA <i>Derby Pool</i>			5.30pm AQUA <i>Derby Pool</i>		

GROUP FITNESS DESCRIPTIONS



A water based class, combining low impact with high intensity training. You will achieve a full body workout with cardio, strength and core training, whilst having a good time!
CLASSES HELD AT DERBY PUBLIC POOL



A water based class, giving you a HIIT (high intensity interval training) training at its best. Want to get fit with no impact on joints and muscles? Then this is the class for you!
CLASSES HELD AT DERBY PUBLIC POOL



A 30 minute low impact but high cardio class that gets you fitter faster. A high calorie burn class, this class is perfect for time poor people that want fast efficient results.



This weights class set to great music will get you into shape FAST! Tone & strengthen your muscles plus improve your body's fat burning capabilities. A complete whole-body workout that is suitable for all fitness levels.



The ULTIMATE class for shredding those unwanted kilos. DBA is a highly motivating cardio class that will create maximum calorie burn through a series of high (or low impact) moves choreographed to inspiring music.



Real Time | Real Results | Real Training - Classic functional body training using interval/circuit style. Every work out is a challenge and uses a mixture of body weight exercises and equipment for maximum results.



Strengthen & lengthen your muscles with this low impact workout. It will help you create a stronger/leaner body through a fusion of Tai Chi, Yoga, Pilates and core strength inspired moves. Choreographed to music that will leave you feeling connected and invigorated - a great way to start the final day of a work week.



DERBY | BROOME | PORT HEDLAND | KARRATHA

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www.lifeandsoul.com.au