

Bookings are essential as Maximum of 10 people can join in class.

Mansfield Health and Fitness - Phone: 0457 686 514

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GROUP CLASS TIME TABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM – 8:15 AM	Energiser Circuit		Swiss Ball		Energiser Circuit
9:15 AM – 10:00 AM	Lift and Laugh		Cardio & Core		Lift & Laugh
11:30 AM – 12:15 PM	Mature & Motivated				Mature & Motivated
5:15 PM – 6:00 PM			SODS		
5:30 PM – 6:15 PM	Boxing				

Energiser
Circuit

Start your day off with a Huff & Puff! Two different sessions, including Bodyweight, functional strength, spin bikes, and weight. (45 minutes)

Lift & Laugh

Two different sessions, short and sharp interval to boost the metabolism. **BYO** sense of humour! (45 minutes)

Mature &
Motivated

These session are design for the **MATURE** clients and include exercises to assist in maintaining strength and mobility. (45 minutes)

Boxing

Get ready to Huff & Puff, great for the core, calves and arms. (50 minutes)

SODS

As the name suggest you need to bring your sense of humour and be ready to have a laugh as you swear and puff sessions. Mums are welcome! (45 minutes)

Cardio & Core

This session begins with the Spin bikes and finishes on Swiss Balls to target your core. (45 minutes)

Swiss Ball

Develop your core with this surprisingly challenging session (45 minutes)