




# **CLASS TIMETABLE**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM			<b>BODYFIRM</b> Annie		<b>CYCLE</b> Jacquie		
8:00AM						<b>PILATES</b> Elize	
8:30AM	<b>CYCLE</b> Jane-Maree	<b>PILATES</b> Helen	<b>BODYFIRM</b> Jane-Maree	<b>CYCLE</b> Jacquie	<b>BODYFIRM</b> Jane-Maree		<b>HATHA YOGA</b> Deborah
9:00AM	<b>TUMS BUMS &amp; THIGHS</b> <u>9:15am</u> Jacquie					<b>HATHA VINYASA YOGA</b> Alyce	
9:30AM		<b>BODYFIRM</b> Annie	 <b>ZUMBA®</b> Valentina	 <b>ZUMBA®</b> Diego	 <b>ZUMBA®</b> Paul		<b>LATIN CARDIO</b> Angus
10:00AM	<b>JAPANESE YOGA</b> <u>10.15am</u> Jacole					<b>BODYFIRM</b> Jane-Maree	
10:30AM		<b>HATHA YOGA</b> 75mins Deborah	<b>PILATES</b> Michelle	<b>PILATES</b> Deb Hanley	<b>HATHA YOGA</b> Meera		<b>CYCLE</b> Joanna
11.30AM	<b>PILATES</b> Jacole					 <b>ZUMBA®</b> <u>11AM</u> Valentina	<b>BODYFIRM</b> <u>11.15AM</u> Joanna
5:30PM		<b>TUMS BUMS &amp; THIGHS</b> Jacquie	<b>CYCLE</b> Joanne				
6:00PM	 <b>ZUMBA®</b> Diego	<b>BODYFIRM</b> <b>6:30PM</b> Jacquie	 <b>ZUMBA®</b> <u>6.15pm</u> Alexis	<b>PILATES</b> Elize			
7:00PM	<b>PILATES</b> Elize		<b>YIN YOGA</b> <u>7:15pm</u> Meera				

## GYM CONTACT DETAILS & TRADING HOURS



facebook

Ground Floor PCYC  
372 Darling Street  
Balmain NSW 2041  
Web [www.affordablefitness.com.au](http://www.affordablefitness.com.au)

Phone **9818 7888** or  
**9818 7743**  
Fax **9818 4557**  
Email [info@affordablefitness.com.au](mailto:info@affordablefitness.com.au)

**Mon – Thurs** 6am – 9pm  
**Fri** 6am – 8pm  
**Sat** 8am – 6pm  
**Sun** 8am – 1pm

## CHILDMINDING INFORMATION

**Monday - Wednesday - Friday 8.30am to 11.30am**

- Service costs **\$2** per visit per child, to be paid at gym reception. You will be provided with a crèche token to give to crèche staff.
- This service is for Affordable Fitness member's children **ONLY**. **NO GUESTS OR RELATIVES ALLOWED**.
- No peanuts or peanut based products, lollypops or chewing gum are permitted in the crèche
- Parents must remain in the club facilities at all times while children are being minded
- All children must be signed in and out by their parent/guardian when using the facility
- Children will not be permitted in the crèche if they are coughing, vomiting or unwell due to any sort of illness.

## CLASS DESCRIPTIONS

**CYCLE** The fastest way to burn calories & get fit. The instructor takes you on a journey through different terrains e.g. hills & sprints.

**BODYFIRM** A non-impact class using barbells and weights. A great all over toning workout using light weights and repetition.

**PILATES** Aims to develop the body's "centre" in order to create a stable core for all types of movement. Increases flexibility, posture and reduces risk of back injury.

**YIN YOGA** Enjoy a slower Yin Yoga class in the evening to allow your body to deeply open and unwind from the day.

Yin yoga is a beautiful compliment to a Yang Power Vinyasa style of class. A yin practice calms your nervous system and internally cleanses the organs while deeply explores hip openers and strengthening core in longer holds using deeper breaths.

**POWER VINYASA YOGA** A dynamic flowing style of yoga that will give you a real work out.

**HATHA YOGA** A discipline that unifies mind and body. There is a natural realignment of the body when postures are held and synchronised with breath.

**JAPANESE YOGA** Based on the 5 Element theory (the principals of Yin & Yang) Japanese yoga uses repetitive movement, traditional Hatha postures and breath to give the individual a greater sense of balance, self awareness, strength and wellness.

**TUMS, BUMS & THIGHS** A high intensity, boot-camp style class with focus on all those problem areas that we all struggle to tone. You will get an intensive work out with this class! Be prepared to crunch, squat and lunge - It's all in the title of the class!

**LATIN CARDIO** combines a cardio workout with technique and posture tips to improve your Latin dancing style. The class is a continuous mix of salsa, samba, meringue, cha cha, rumba, and mambo and jive styles, combined into just the right blend of sweat, technique improvement and fun!

**ZUMBA** A high energy dance style class with a Latin flavour where you can really shake your booty, have fun and get fit at the same time.

**Strictly no entry is permitted 5 minutes after class has commenced**  
**Due to unforeseen circumstances Instructors and/or classes may change or be cancelled without notice**