

Three women are standing in a gym, all wearing black sleeveless FIIT30 tank tops with the slogan "STRONG WOMEN. REAL RESULTS." They are smiling at the camera. The woman on the left is wearing pink running shoes. The woman in the middle has her hands on her hips. The woman on the right is wearing blue and red running shoes. In the background, there is a chalkboard with various names and numbers written on it, and a pink punching bag.

ALL ABOUT FERNWOOD *Classes*



FITNESS
fernwood®



SO MUCH TO *love*

You may know us as the gyms for women, but we are so much more than that. Our goal is to empower women to shine, by giving them the confidence they need to succeed in all they do.

More than a gym, we provide a holistic health, fitness and wellness experience for all women to feel comfortable, confident and connected.

That's another reason women love Fernwood - the community. Nothing beats the power of women supporting women, and that's why we've created this eBook, so you can learn more about what we offer, plus a **FREE FIIT30 PASS** for you.

ENJOY.

FITNESS



CYCLE

- Pedal through a challenging mix of intervals, hill climbs and sprints for a great cardiovascular workout in our cycle class. Improved cardiovascular fitness, muscle strength, endurance and joint mobility are just some of the key health benefits you'll see from hopping on the bike.
- Cycling is a great low-impact workout with a myriad of health benefits when performed regularly, and is a great swap for the treadmill.

ZUMBA

Love to dance? Then you will love Zumba. Zumba is a Latin-inspired pre-choreographed group dance class, with easy to master moves and chart-topping hits. It's a fun and invigorating class that will have you sweating and smiling at the same time. Fernwood members love Zumba!



STEP

- A high-energy class designed to tone legs, butts and thighs, and provide an awesome cardio workout at the same time. This one will certainly get the heart pumping and muscles moving.

PREMIUM FITNESS



FIIT30

This session is an additional paid Fernwood service

FIIT30 is Fernwood's premium fitness high intensity interval training (HIIT), designed to deliver an intense full-body workout, in just 30 minutes. These specially designed HIIT sessions run in our dedicated **FIIT30** spaces, with a limited capacity per session so you can benefit from a small

group training environment, with the added perk of having a dedicated personal trainer by your side to support proper technique.

- It's high-intensity, small group training that targets your whole body. **FIIT30** is suitable for all fitness levels, with sessions taken by a qualified Personal Trainer and done in groups of 8-12.



FIITRIGHT

This session is an additional paid Fernwood service

Welcome to **FIITRIGHT** – the supportive sister of FIIT30, which focuses on interval training in a guided session for women looking to build foundations of strength and functional movement. FIITRIGHT is a great option for women who have taken some time away from training, and would like to ease back into their workouts.

- FIITRIGHT** has all the benefits of **FIIT30** – small group training, experienced personal trainers, full body workouts – at a slightly lighter pace to support you to learn technique, form and posture, and ease into the exercises that are right for you. Our dedicated **FIITRIGHT** personal trainers will support you and offer variations to workouts to cater to your goals and fitness level.

WELLNESS



PILATES

Pilates is an invigorating, strengthening and core-building group class for women who want to turn up the heat in their workouts. Each class will improve muscular and postural strength with an emphasis on challenging core muscles. We love a mat Pilates class at Fernwood and know the benefits of making time for Pilates classes in our regular workout routine.

YOGA

A gentle group fitness yoga that will assist you to align, strengthen and promote flexibility in the body. Physically, yoga both stretches and strengthens the muscles and it helps to mobilize joints. All practices typically finish with total body relaxation pose – Savasana.

The relaxation aspects of yoga can help to physically relax not only our muscles but our nervous system, bringing our body into a restful state for better digestion and better sleep and restoration. Yoga has so many wonderful benefits, such as improving your strength, flexibility and mental wellbeing, just to name a few.



BARRE

Suitable for beginners or those wanting a light-paced workout, barre provides the foundation to build aerobic fitness and muscle conditioning. You'll experience ballet-inspired moves, using a ballet barre, but don't worry, you don't need to be a dancer to enjoy this class.



FREE FIIT30 PASS

Experience Fernwood's premium HIIT class.

Present this voucher to your local Fernwood club to get started.

TERMS & CONDITIONS. Offer valid from April 1 to 30, 2021. Offer only available for women who have not participated in a FIIT30 session previously. Not valid in conjunction with any other offer. One (1) pass per person. Pass expires 31 May, 2021. Participating clubs only. Fernwood Fitness clubs are women's only fitness centres.



WE'RE A SOCIABLE BUNCH

Don't forget to tag us in pics of you enjoying these workouts with **#FernwoodFitness** on Instagram and Facebook.

Follow the official Fernwood Fitness accounts for competitions, recipes, health and fitness tips, and more!



@fernwoodfitness



#fernwoodfitness