

Unique FITNESS

GROUP FITNESS TIMETABLE

TIMES	Mon	Tue	Wed	Thu	Fri
12.10pm		STEP		STEP	
4.30PM	PUMP		PUMP		STEP
5.30PM	STEP	PUMP	STEP	PUMP	BALANCE

Class Descriptions

BodyPump:

Exercise to music with weights-tones, shapes and strengthens the body

BodyStep:

Cardio work on a step—the ultimate fat-burning butt toner

BodyBalance:

Tai Chi, Pilates and Yoga to music— Relieves stress and tension. Focuses on flexibility, strength, relaxation and posture