

KIMAX

Kimax is performed with a free-standing kickboxing bag, designed exclusively for this class, using boxing gloves. Each 'round' (track) used in Kimax assimilates the use of Boxing, Muay Thai and Kickboxing through simple combinations, which are intense and dynamic. The Rounds are also interspersed with aerobic recovery and muscle strengthening.

UBOUND

UBound is an intense and energetic exercise program with zero impact, due to the use of a small trampoline, meaning no stress on joints.

The benefits of UBOUND are improving the lymphatic system (for toxin release) helping many to feel a sense of euphoria, which may also explain why scientist describe it as 'one of the most effective exercise training regimes ever created by humans!'

Up to 10% more effective than running with no impact on the joints and breaks up cellulite.. You're welcome.

X55

X55 is the most modern and revolutionary toning and strength training program available! This novel system of training predominantly uses one's own body weight as its main form of resistance. Various other forms of stimuli, with props such as step, hand weights &/or bands, are also employed to assist in increasing the training intensity.

OXIGENO

Built on the fundamentals of Pilates and Yoga, this exercise program will help you enhance your flexibility and mobility through a series of harmonious and flowing movements that are intimately connected with breathing. A wonderful introduction to Yoga and Pilates while moving to music.

FACTOR F CIRCUIT

Factor F Circuit is a simple and intense training strategy in a 30-minute format, specifically for those with modern hectic lifestyles, to achieve real and fast results in terms of physical conditioning, fat burning and muscle toning. This functional training program imitates real physical movements used in everyday life, at work and in sports, which is why demand for the program has taken the world by storm. Factor F® Circuit, combining simple exercises using training props and/or the body weight. Different muscle groups are involved at the same time, which results in a considerable increase of the metabolic rate and improved aerobic and anaerobic capacity.

H.I.I.T. SESSIONS

H.I.I.T., or High-Intensity Interval Training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

This high intense training uses our favourite toys - Battle Ropes, Kettle Bells and Medicine Balls as the main element.

YOGA

Yoga classes are suitable for people of all ages, physical abilities and walks of life. Plan to bring Peace into your life by attending one of the Aikya Yoga sessions.

PILATES

This Pilates class flows through a series of Pilates exercises to create long, lean muscle tone, correct alignment, improve posture, and to cultivate the perfect balance between strength and flexibility. Build strength from the inside out with this Pilates class.



F I T N E S S

BOOK CLASSES NOW

EMAIL JODIE TO SECURE YOUR SPOT



info@pwfitness.com.au



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W

TH

F

6:00AM

H.I.I.T

X 55

Factor F
Circuit

KiMax

7:30AM

U Bound

Oxigeno

Factor F
Circuit

9:30AM

Yoga

KiMax

Factor F
Circuit

Oxigeno

Pilates

5:00PM

H.I.I.T

Factor F
Circuit

KiMax

U Bound

6:00PM

KiMax

H.I.I.T

Factor F
Circuit

6:30PM

X 55

*NEW WINTER
TIMETABLE!!
Starts JUNE 4th*