

PROBODY FITNESS CENTRE

137 Victoria Rd, Marrickville
 PH – (02) 9569 1469 or (02) 9569 1213
 Opening Hours
 Mon-fri 6am – 10pm
 Saturday 8:30am – 5pm
 Sunday 10am – 3pm

Probody Fitness Centre Exercise Class Timetable					
There may be changes to the timetable without notice so please call (02) 9569 1469 or (02) 9569 1213 for timetable changes					
TIME	MON	TUE	WED	THUR	SAT
10:00am					YOGA (10 - 11:30am)
6:00pm		ABDOMINALS (30min)			
6:30pm	STEP COMBO	PILATES	FAT BUSTER		
7:00pm				BOXERCISE	
7:15pm					
7:30pm	KICK BOX	T.T.B	ZUMBA		

BOXERCISE - Contact mitt work combined with cardio drills, a great workout (NOTE: it is advised for hygiene reasons that participants for the boxercise class purchase insert gloves for the use of the mitts, available at the gym for \$5 a pair).

KICKBOX - Same as boxercise but with additional kicking into shields.

STEP - An effective low impact workout where you step on and off a platform. For all fitness levels.

TTB - Low impact warm up followed by a tummy, thighs and butt workout (instructor may use dumbbells and/or a barbell). All levels welcome.

FAT BUSTER - Combination of medium to high intensity cardio exercises to music and muscular conditioning for all those areas of concern. All levels welcome.

YOGA - A combination of dynamic movements and poses with focus on breathing created to build strength, flexibility, sculpt body and clear the mind. All levels welcome.

PILATES - Toning class combining movement and breath to create core awareness and strength, balance, stability and flexibility. All levels welcome.

ZUMBA - Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba is fun and is the type of exercise class you'll want to do every day and feel good about doing it. All fitness levels welcome.

ALL GROUP EXERCISE CLASSES ARE 50-55min, YOGA is 1hr 30min.

Please check the timetable (or call us on (02) 9569 1469 or (02) 9569 1213) regularly as there may be changes to the times.

PLEASE NOTE: Probody Fitness Centre strongly recommends that you do not miss your class warm up or cool down. For your own comfort take a water bottle and towel to class. if you are pregnant or suffer from an injury or ailment we strongly recommend that you consult your health care professional before attending to determine if the class you will attend is safe and suitable for your condition. Please advise your instructor before participating if it is your first class.

HAVE A FUN WORKOUT