



## Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	<b>PCYC HIIT</b> <i>Multi-Purpose Room</i>	<b>YOGA</b> <i>Multi-Purpose Room</i>	<b>PCYC HIIT</b> <i>Multi-Purpose Room</i>				
8:00am						<b>PCYC HIIT</b> <i>Multi-Purpose Room</i>	
9:00am	<b>Healthy Aging Class</b> <i>Multi-Purpose Room</i>		<b>Healthy Aging Class</b> <i>Functional room</i>			<b>Healthy Aging Class</b> <i>Multi-Purpose Room</i>	
4:00pm				<b>PCYC Teens</b> <i>Gym</i>			
4:30pm	<b>Under 14s Boxing</b> <i>Multi-Purpose Room</i>		<b>Under 14s Boxing</b> <i>Multi-Purpose Room</i>		<b>Under 14s Boxing</b> <i>Multi-Purpose Room</i>		
5:30pm	<b>14+ Boxing</b> <i>Multi-Purpose Room</i>	<b>PCYC CIRCUIT</b> <i>Functional room</i>	<b>14+ Boxing</b> <i>Multi-Purpose Room</i>	<b>PCYC CIRCUIT</b> <i>Functional room</i>	<b>14+ Boxing</b> <i>Multi-Purpose Room</i>		
6:30pm		<b>SELF DEFENCE</b> <i>Multi-Purpose Room</i>					

**Classes included in all Gym Memberships and available for Fitness Passport Members!**

### **PCYC Circuit**

Circuit Training focuses on continuous movement and muscle engagement, making it effective for those seeking a well-rounded workout. Our circuit training workouts are performed at a medium intensity during the work periods and include little to no rest between bouts of work using upper body, lower body, compound exercises & cardio for an all over body workout building strength and fitness. This class is scaled for all fitness levels.

*All ages from 14+ 1 hour*

### **PCYC HIIT**

A group fitness class focusing on upper body, lower body and core strength exercises combined with cardio to give you a fast and safe way to gain muscle, improve fitness and reduce body fat.

*All ages from 14+ 45 minutes*

### **PCYC Boxing**

Learn from the best in the business! These classes are delivered by National Boxing Coach Dean Groth and his team of experienced coaches from the Port Macquarie Boxing Club. Learn all about the sport and the fundamentals of boxing and self-defence. Practice correct technique and develop your strength and fitness in a fun and social environment.

### **PCYC Teens**

This class is designed to help teach teens the fundamentals of training and correct technique. Young people can gain knowledge and confidence to exercise safely and effectively. Incorporating a variety of training including interval, circuit, functional and resistance.

*14 – 18 years 45 minutes*

### **Healthy Aging Class**

Resistance and cardiovascular, balance and mobility classes for seniors looking to improve their quality of life. Classes are run by our accredited Exercise Scientist (AES).

### **Yoga**

Vinyasa Flow class at sunrise, that caters for all abilities with Bec Conway.

### **Self Defence**

A program that aims to help you build confidence, self-control, awareness, focus, balance, coordination and self-discipline.