



# VIRTUAL GROUP FITNESS

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**FREE FOR ALL  
VALLEYS MEMBERS**

**STARTING 22 JUNE**



## VIRTUAL GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15am		Spin Class		Dance & Sweat	
7:00am	Yoga	Piloxing Total Body		Taebo Shred	
7:45am	Spin Class	Taebo	Yoga	Hiit30	Dance & Sweat
11:00am				<b>ON DEMAND until 3:00pm</b>	
12:00pm	<b>ON DEMAND until 3:00pm</b>		<b>ON DEMAND until 3:00pm</b>		<b>ON DEMAND until 3:00pm</b>
1:00pm					
2:00pm					
3:30pm	Dance & Sweat	Doonya TBW	Hiit30	Total Body	Hiit30
4:15pm	Teabo Shred	Yoga	Spin	Spin	Doonya TBW
6:00pm					Yoga
7:15pm	Hiit30	Spin Class	Taebo Shred	Yoga	
8:00PM	<b>ON DEMAND</b>	<b>ON DEMAND</b>	<b>ON DEMAND</b>	<b>ON DEMAND</b>	

**WEEKENDS ON DEMAND**  
SUBJECT TO AVAILABILITY

**SUMMER:** Saturdays 10am - 6pm | Sundays 1pm - 6pm  
**WINTER:** Saturdays 10am - 1pm | Sundays 9am - 1pm

CLASS	DESCRIPTION
<b>Dance &amp; Sweat</b>	Learning dance moves such as arm sways, hip twists and belly dance Choo Choo shimmies! All of these moves and more will work towards your entire body, making you SWEAT!
<b>Doonya TDW</b>	The Bollywood workout is a dance based high-intensity interval training fitness program.
<b>Extreme Burn HIIT</b>	A high intensity interval training session not for the fainted hearted. This class is sure to be a high calorie burning workout.
<b>HIIT30</b>	High intensity interval training done and dusted in 30 minutes. Perfect for those lacking time yet wanting an intense workout.

CLASS	DESCRIPTION
<b>Piloxing Total Body</b>	Combining pilates and boxing techniques for a full-body workout.
<b>Spin Class</b>	Cycle your way up and down inclines, through speed tracks and feel the burn the entire way.
<b>Taebo Shred</b>	Tae Bo is a total body fitness system that incorporates martial arts techniques such as kicks and punches to create a feisty workout.
<b>Total Body</b>	A full-body workout using your bodyweight. A favorite of people who like to work out every muscle of their body in one go.
<b>Yoga</b>	Utilising a range of movements and motions set to music that will improve your mind, your body and your life.