

# ALTITUDE A888

COMMENCING MONDAY 3RD DECEMBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	BURN88 Main Studio				SOUTHPAW88 Boxing Studio		
6:30am			BURN88 Main Studio	CRUZ88 Cycle Studio			
7:30am						CRUZ88 Cycle Studio	
8:30am	SOUTHPAW88 Boxing Studio	CRUZ88 Cycle Studio					BURN88 Main Studio
9:30am			SOUTHPAW88 Boxing Studio	BURN88 Main Studio			
10:30am						BURN88 Main Studio	
12:00pm							SOUTHPAW88 Boxing Studio
12:30pm				CRUZ88 Cycle Studio			
4:30pm			CRUZ88 Cycle Studio				
5:30pm	BURN88 Main Studio	BURN88 Main Studio					
6:00pm					BURN88 Main Studio		
7:00pm		BURN88 Main Studio	SOUTHPAW88 Boxing Studio	BURN88 Main Studio			
7:30pm	SOUTHPAW88 Boxing Studio						

**PLEASE NOTE:** Please arrive 5 minutes before sessions begin. For safety, no entry after warm up.  
For the most up to date sessions, please visit [www.southpacifichc.com.au](http://www.southpacifichc.com.au). Bookings essential.

# TOP 5 BENEFITS

## CALORIE BURN

The equivalent Altitude Class can burn up to 25% more calories. Studies have shown have also shown decreases in body mass and a mass reduction in body fat percentage.

## MUSCULAR ENDURANCE

As you adapt to the altitude environment, your tolerance to the anaerobic component of intense physical exercise improves. Studies have shown positive outcomes for muscular endurance and repeat sprint ability

## STRENGTH GAINS

Strength training in simulated altitude or hypoxic conditions stimulates muscle growth and leads to a higher tolerance of intense physical exercise. To maximise muscle growth (hypertrophy) add 3 sessions of your resistance training and target specific muscle groups. Monitoring your blood oxygen saturation between each set and increasing recovery time is essential.

## WEIGHT MANAGEMENT

We all know that both exercise and an appropriate eating plan is essential to reaching your target weight. Altitude training accelerates the positive outcomes of exercise including fat loss and increased metabolism. Adding just 3 sessions of light to moderate exercise at altitude per week to your fitness regime will have a positive impact.

## CARDIOVASCULAR HEALTH

Adaptation to hypoxia through simulated altitude training offers a major benefit to aerobic condition and cardiovascular health, this results in improved oxygen delivery and utilisation without increasing the muscular skeletal load or exercise time. This makes altitude training the single most effective, efficient and simplest way to legally improve your aerobic condition.



## SOUTHPAW 88

With our heat fuelled boxing sessions and your favourite tunes through our new sound system, you will learn how to throw punches like a professional and you will be shown how to put together simple combinations that will improve your self confidence, balance, speed and fitness all under Altitude. We focus on technique and power and these sessions are guaranteed to raise your heart rate and provide a fantastic combination of cardio and strength. Don't be afraid to come on your own, we will always have a partner here for you!

Providing a fully diverse range of structured, functional, instructor driven classes to challenge the enthusiastic beginner to professional athlete. Be immersed by state-of-the-art equipment and a lighting system that hits you in all the right places. You know it's on when the red lights hit-ya! Altitude provides a new dimension to the classes never experienced before providing you the ability to achieve new heights and goals.



## BURN 88



These sessions are run in our Cycle studio using the most advanced indoor cycle bike Life Fitness IC7. This bike includes a coach by colour intensity guide, watt rate power meter and connectivity to external devices. With up to 3000m simulated Altitude Training, the cycle sessions will be guided by qualified coaches and will rotate programs to rapidly improve your fitness goals.

## CRUZ 88