

SMALL GROUP PERSONAL TRAINING SESSIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am			STRENGTH NICOLE			
9:15am		SHRED - HIIT ETIENNE		BOXING - HIIT FAB		
10:00am						***KICKFIT STEPH
6:15pm			BOXING - HIIT FAB			
7:00pm	STRENGTH NICOLE					

SESSION DESCRIPTIONS

SHRED - HIIT

This 45-min, high-intensity cardio workout will see three teams take on nine different stations and will kick start your metabolism.

STRENGTH

This class will challenge and change you by focusing on full body strength and endurance. This class requires total body integrated strength, mobility, skill and due to the resistance and functional exercises, you'll burn calories long after the class has finished!

BOXING - HIIT

This 45-min high intensity boxing and interval circuit consists of... you guessed it, boxing and functional resistance movements that will put your strength & stamina to the test.

KICKFIT

Run by Oceania Karate Champion Stephie Jaye, discover a new way get fit and burn body fat through KickFit. KickFit incorporates a mixture of pad work with kicking, punching, core work and whole body functional exercises combined into a high intensity circuit. This class challenges all experience levels, Get fitter while learning how to kick ass in the ultimate fat burning experience!

***** KickFit will only be running on
March 16th & 23rd & April 6th & 13th.**

*These sessions will only be available to participants in this years 8 week challenge.



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