






# affordable FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM							
7:30AM					BODYFIRM Elaina  PILATES Anna		
8:00AM	<b>7:45am</b> EXPRESS CYCLE (30mins) John			<b>7:45am</b> EXPRESS CYCLE (30mins) Annie		PILATES John	
8:30AM	PILATES John	PILATES Jacquie	BODYFIRM Elaina  PILATES Anna	<b>8:20am</b> EXPRESS CYCLE (30mins) Annie  YIN & YANG YOGA Nell	BODYFIRM Elaina  PILATES Anna		HATHA YOGA Nell
9:00AM						JAPANESE YOGA Paula	
9:30AM	TONE & STEP John	BODYFIRM Annie	CYCLE (50mins) Annie	 ZUMBA® Diego	 ZUMBA® Paul		LATIN CARDIO Angus
10:00AM						BODYFIRM Elaina	
10:30AM	JAPANESE YOGA Paula	HATHA YOGA Deborah	PILATES Jacquie	PILATES Rosa	HATHA YOGA Paul		BELLY DANCING Modi
11.00AM						 ZUMBA® Omkar	
6:00PM	 ZUMBA® Diego	BODYFIRM Nick	 ZUMBA® Diego	BODYFIRM Elaina			
7:00PM	HATHA YOGA Nell	BELLY DANCING Modi	<b>Starts 28<sup>th</sup></b> <b>October</b> PILATES Rosa	4-week-trial Vinyasa Yoga Corinne			

## GYM CONTACT DETAILS & TRADING HOURS

Ground Floor PCYC  
372 Darling Street  
Balmain NSW 2041

Web: [www.affordablefitness.com.au](http://www.affordablefitness.com.au)

Phone: **9818 7888** or  
**9818 7743**

Email: [info@affordablefitness.com.au](mailto:info@affordablefitness.com.au)

<b>Mon – Thurs</b>	6am – 9pm
<b>Fri</b>	6am – 8pm
<b>Sat</b>	8am – 6pm
<b>Sun</b>	8am – 1pm

## CLASS DESCRIPTIONS

### CARDIO CLASSES

**CYCLE:** The fastest way to burn calories & get fit. The instructor takes you on a journey through different terrains e.g. hills & sprints. Made up of short intervals of high-intensity followed by rest, these HIIT workouts get your heart-rate up quickly and safely.

**EXPRESS CYCLE:** Higher intensity, 30min version of your normal cycle class. Maximum fitness benefit in half the time with less rest to ensure a fast, fun, and highly fuelled ride!

### STRENGTH CLASSES

**BODYFIRM** A non-impact class using barbells and weights. A great all over toning workout using light weights and repetition.

**tone & STEP** A weight based step class, using the steps to tone abs, glutes and legs.

### PILATES AND YOGA CLASSES

**PILATES** Aims to develop the body's "centre" in order to create a stable core for all types of movement. Increases flexibility, posture and reduces risk of back injury.

**HATHA YOGA** A discipline that unifies mind and body. There is a natural realignment of the body when postures are held and synchronised with breath.

**JAPANESE YOGA** Based on the 5 Element theory (the principals of Yin & Yang) Japanese yoga uses repetitive movement, traditional Hatha postures and breath to give the individual a greater sense of balance, self-awareness, strength and wellness.

**YIN & YANG YOGA** Yin Yang Yoga blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

**VINYASA YOGA** classes are mixed level classes that link breath and movement together, help individuals find alignment that works in their bodies and combine strength with flexibility.

### DANCE CLASSES

**LATIN CARDIO** Combines a cardio workout with technique and posture tips to improve your Latin dancing style. The class is a continuous mix of salsa, samba, merengue, cha-cha, rumba, and mambo and jive styles, combined into just the right blend of sweat, technique improvement and fun!

**ZUMBA** A high energy dance style class with a Latin flavour where you can really shake your booty, have fun and get fit at the same time.

**BELLY DANCING** Dive into the Middle Eastern rhythms with Modi! The most fun you will ever have in an hour as you unleash your inner Shakira!

**Strictly no entry is permitted 5 minutes after class has commenced**

**Due to unforeseen circumstances Instructors and/or classes may change or be cancelled without notice**