






affordable FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM							
7:30AM					BODYFIRM Elaina PILATES Anna		
8:00AM	7:45am EXPRESS CYCLE (30mins) John			7:45am EXPRESS CYCLE (30mins) Annie		PILATES John	
8:30AM	PILATES John	PILATES Jacquie	BODYFIRM Elaina PILATES Anna	8:20am 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 Alison	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	Chi Gong Deborah				

GYM CONTACT DETAILS & TRADING HOURS

Ground Floor PCYC
372 Darling Street
Balmain NSW 2041

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Phone: **9818 7888** or
9818 7743

Email: info@affordablefitness.com.au

Mon – Thurs	6am – 9pm
Fri	6am – 8pm
Sat	8am – 6pm
Sun	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.

TRADITIONAL HATHA YOGA 35mins of asana, 10 mins of pranayama and then flowing into meditation. Pranayama are breathing exercises which clear the physical and emotional obstacles in our body to free the breath and so the flow of prana - life energy

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.

HATHA YOGA INTERMEDIATE Minimal instructions given. Knowledge of basic postures and your body's limitations and possibilities required.

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.

CHI GONG A standing practice that's is soft and slow, like yin, but deliberate movement to invoke vitality and wellbeing.

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.

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