

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	B2B BOOTCAMP		B2B BOOTCAMP		B2B BOOTCAMP		
6:15am	CADENCE INDOOR CYCLING	REFLEX BODY TONE	CADENCE INDOOR CYCLING	REFLEX BODY TONE	CADENCE INDOOR CYCLING		
8:00am					CORE 360 PILATES	CADENCE INDOOR CYCLING	
9:00am	CORE 360 PILATES	ACTIV-FIT CIRCUIT TRAINING	CADENCE INDOOR CYCLING	PRANA YOGA	ACTIV-FIT CIRCUIT TRAINING	CORE 360 PILATES	
9:30am		PRANA YOGA		MC <sup>2</sup> MAX CIRCUIT			CADENCE INDOOR CYCLING
4:30pm	MC <sup>2</sup> MAX CIRCUIT		MC <sup>2</sup> MAX CIRCUIT				
5:45pm	RIP:60 CROSS/FIT			RIP:60 CROSS/FIT			
6:00pm	CORE 360 PILATES	CADENCE INDOOR CYCLING	HIT-IT BOXING	CADENCE INDOOR CYCLING			
6:30pm	KICK-IT KICK BOXING	HIT-IT BOXING	CORE 360 PILATES	KICK-IT KICK BOXING			
		PRANA YOGA		PRANA YOGA			
			REFLEX BODY TONE				

Timetable is subject to change at any time. Please see Changes & Updates section on the website [www.genesisfitness.co.nz](http://www.genesisfitness.co.nz) for new development & changes.

**ENQUIRIES & BOOKINGS:**

Contact 09 520 3455 or [info@genesisfitness.co.nz](mailto:info@genesisfitness.co.nz)

**BOOKINGS ESSENTIAL FOR ALL GROUP FITNESS CLASSES**



**KICK IT** is an intense total body workout aimed to improve strength, aerobic fitness & coordination. Using kick boxing techniques as well as circuit exercises this class is a great way to release stress while improving fitness. \*\*



Feeling tight & stressed? **PRANA YOGA** is a dynamic stretch class which gracefully synchronizes breathing & movement to promote a flexible & functional body. Treat yourself... you deserve it.



This **PILATES** orientated class involves a combination of core controlled movements to help sculpt long & lean muscles & promote functional strength for healthy everyday living.



**MC2** Take your training to the next level in this highly researched circuit training class. Using the latest in fitness equipment, in 20 minutes you will achieve: MAX CARDIO, MAX STRENGTH, MAX FLEXIBILITY, but most important - **MAX RESULTS!** Incorporating vibration plate training with high intensity cardio & full body functional strength training, YOU CANT LOSE!



**BACK TO BASICS BOOTCAMP** is your way to reach your fitness & weight loss goals fast! Qualified fitness instructors will push you to your personal limits & beyond in an intensive 6 week course of authentic military techniques with a modern training twist. **Cost: \$250 Members & \$300 Non-members**

\*\* Kick-it and Hit-it classes, participants to provide own gloves and wraps for hygiene reasons. Available at Genesis reception for purchase.

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**BOOKINGS ESSENTIAL FOR ALL GROUP FITNESS CLASSES**



Taken by professional boxing coach Chris Martin, **HIT IT** will give you an intensive upper body blast using all professional training tools! Learn boxing techniques in a non-intimidating & fun environment. Hit It is for all fitness levels & abilities. \*\*



**CADENCE** is an interval based cycling class designed to improve cardiovascular fitness, reduce body fat & strengthen & tone lower body. If you want to burn some serious calories this class is for you!



**ACTIVE FIT** is a MAX capacity circuit for all ages! With a great combination of dynamic cardio drills & fun & original resistance work this class is what you need to reach new fitness levels!



**RE:FLEX STRENGTH & TONE** Give the weights programme a break & join a class designed to test muscular endurance & burn! High repetition resistance class with an instructor pushing you all the way to maximize your weights workout, & enjoy it! No experience required, just be prepared for a great workout!!



**RIP:60** is a Cross-Fit style class that is designed to give you high fitness results in the minimum time possible. You get to use all the original training systems in a modern training format, so you cut all the BS and gets you the results yesterday! Just 45mins means it slots into any schedule. Incorporating kettlebells and suspension training means it's always original and not boring!! Seriously if you want a new challenge and don't mind working hard, we have the goodies in this class for sure.