



Forest Lake Fitness LTD


(07) 3279 9450


www.ForestLakeFitness.com.au


Cnr Forest Lake Boulevard & High Street,
Forest Lake QLD 4078

(Opposite Forest Lake State High School)

GROUP FITNESS TIMETABLE – EFFECTIVE MAY 2011

STUDIO ONE	TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
Group Fitness Room 	Daytime classes							
	5:45am		Boxacise	Body Step	Body Pump	Boxacise		
	7:00am						Body Pump	
	8:00am						Body Step	
	8:30am							Body Pump
	9:00am						Zumba	
	9:15am		Body Pump	Body Step				
	9:30am	Zumba					Body Attack	Body Balance
	10:15am			Body Balance	Body Pump			
	Night time classes							
	5:30pm	Body Attack	Zumba	Body Pump	Body Step			
	6:30pm	Body Pump (45 mins)	Body Step	Boxacise	Body Balance			
	7:15pm	Boxacise						
	7:30pm		Body Balance			Zumba		

STUDIO TWO	TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
Cycle Studio 	Daytime classes							
	8:00am						Xtreme Revs	
	9:15am				Revs (45 mins)			
	10:30am		Revs (45 mins)					
	Night time classes							
	5:30pm	Revs (45 mins)					Xtreme Revs	
	6:30pm			Xtreme Revs				

AQUA	TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
	Daytime classes							
	6:30am	Aqua		Aqua		Aqua		
	Night time classes							
6:15pm	Aqua			Aqua	Aqua			

\$50 off any 12 mth M/ship*
OR \$15/week**

Weights & Cardio
 1 on 1 Training
 Open 7 Days
 Childminding

MEMBERSHIP ALSO INCLUDES:



AQUA AEROBICS
 BOXERCISE
 CYCLE CLASSES








AND:



FREE PERSONAL TRAINING
 For first 20 new members



CLASS DESCRIPTIONS

	<p>A fun, athletic-inspired fitness class designed to improve your cardio fitness & overall strength.</p>
	<p>The ultimate step workout. Guaranteed to work every muscle in your body, especially your butt!</p>
	<p>A total body weights workout to motivating music. The best way to strengthen & shape, head to toe.</p>
	<p>Inspiring yoga-based class with elements of tai chi and pilates. Great flexibility & de-stress class.</p>
	<p>The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.</p>
	<p>Indoor cycling class workout to the rhythm of powerful music. Discover your inner athlete.</p>
	<p>A boxing inspired cardio circuit class for all levels of fitness. *All Boxacise classes require you to book, contact reception.</p>
	<p>A great low impact exercise class held in our heated swimming pools that caters from beginners to advanced.</p>