

# V-FIT TIMETABLE & INFORMATION

VIBE HEALTH CLUB BLACKTOWN

vibehealthclub.com.au

Level 4, Westpoint Shopping Centre, Blacktown 2148  
 (02) 9672 1200 | blacktown@vibehealthclub.com.au |

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						<b>SUPER CLASS</b>
9:00 AM						<b>SUPER CLASS</b>
9:30 AM						
						
10:15 AM						
4 PM						
4:30pm						
5:30 PM						
						
6.15PM						

CLASS	DESCRIPTION
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Get ready to strut your stuff with a stomach to show off at any beach around the world!!! V-Fit 'Beach Bods' is an abs and core class that consists of functional core strengthening exercises that will help you get that flat stomach and abs everyone is after.



Glutes, Hammys and Quads!!! V-Fit 'GHO' is specifically designed to help get you that booty you've always wanted. Please note: Walking assistance the next day may be required...



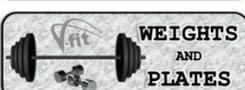
Our most well rounded class of all with functional, high intensity interval training at it's best!!! V-Fit 'Rambo' combines resistance and cardio training in a perfect balance for fat loss, fitness building and muscle toning. We promise you will be sweating and smiling throughout the session.



V-Fit 'Commando' is a circuit class consisting of cardio, fitness, bodyweight and functional exercises designed to get you fitter and moving better than you could ever imagine. Take your fitness up a level by trying out this fun class today.



V-Fit 'Left, Right, Goodnight' is a fun and dynamic boxing class which has both technical and fitness components meaning you will burn up to 500 calories and learn new combinations at the same time. Boxing with a partner is always fun so feel free to bring a friend.



Want to get stronger and leaner? V-Fit 'Weights and Plates' is a strength based class using resistance training principles to help you get stronger. This class is built to speed up your metabolism and to help you burn fat and look leaner.



V-Fit 'MMA-zing' is a mixed martial arts style class guaranteed to be an amazing stress reliever, a load of fun, and to get your heart rate soaring through the roof! Kick, punch, elbow and knee your way to amazing fitness results and an even better body. Suitable for all fitness levels, experiences and ages.



Kids Club is for children aged 7-13 who want to get into some structured exercise! It's a mixture of circuit training, games and a lot of fun! Ask reception for details on cost of how to get your kids involved



The ultimate workout! A combination of the classes including Rambo, Beach Bods, Commando and GHO. Goes for a whopping 60 minutes!!!

**All classes run for 40 minutes and record your heartrate and calories**