



# Class Timetable

## 2017 SEPT



	Morning		Afternoon / Evening							
Mon		<b>BUMS &amp; TUMS</b> 9.30am - 10.30am ANNEX		<b>SPIN</b> 5.30pm - 6.15pm ANNEX	<b>CIRCUITS</b> 6.30pm - 7.15pm MINOR HALL	<b>SPIN</b> 6.15pm - 7.00pm ANNEX		<b>KETTLEBELLS</b> 7.15pm - 8.00pm ANNEX	<b>THAI &amp; TONE</b> 8.00pm - 9.00pm MINOR HALL	
Tues	<b>RIG FIT</b> 9.30am - 10.15am GYM			<b>BUMS &amp; TUMS</b> 6.00pm - 7.00pm LOFT	<b>SPIN</b> 6.00pm - 6.45pm ANNEX	<b>PILATES</b> 6.30pm - 7.30pm COMMITTEE		<b>SPIN</b> 7.00pm - 7.45pm ANNEX		
Wed	<b>20/20</b> 9.30am - 10.30am ANNEX			<b>FEMALE RIG FIT</b> 5.30pm - 6.15pm GYM	<b>BARBELL WORKOUT</b> 6.00pm - 7.00pm MINOR HALL	<b>SPIN</b> 6.15pm - 7.00pm ANNEX		<b>KETTLEBELLS</b> 7.15pm - 8.00pm ANNEX		
Thur			<b>20/20 SPIN &amp; CORE</b> 12.30pm - 1.30pm ANNEX	<b>MALE STRENGTH RIG</b> 5.30pm - 6.15pm GYM	<b>SPIN</b> 6.00pm - 6.45pm ANNEX	<b>COMBAT</b> 6.00pm - 6.45pm LOFT		<b>KETTLEBELLS</b> 7.00pm - 7.45pm ANNEX		
Fri	<b>HIIT</b> 9.30am - 10.15am GYM				<b>SPIN</b> 6.00pm - 6.45pm ANNEX		<b>PILATES</b> 7.00pm - 7.45pm ANNEX			
Sat	<b>ZUMBA</b> 9.30am - 10.15am MINOR HALL	<b>SPIN</b> 10.30am - 11.15am ANNEX								
Sun	<b>SPIN</b> 10.30am - 11.15am ANNEX	<b>RIG FIT</b> 11.30am - 12.15am GYM								

Download our **NEW mobile App** from Google and Apple stores so you can **view, book and cancel classes** directly from your smart phone. Search for **Pulse Lough Moss**.

[memberships@pulseloughmoss.com](mailto:memberships@pulseloughmoss.com)

[pulseloughmoss.com](http://pulseloughmoss.com)

[@pulseloughmoss](https://www.facebook.com/pulseloughmoss)



# 2017

## Barbell Workout

Reshape your whole physique with this all over body workout using the ultimate workout tool, the barbell! Tone and strengthen every muscle in your body with this overall body workout! Tone your legs, glutes, chest, back, arms and core all in one hour! Not to be missed!

## Kettlebells

Kick all your fitness goals into high gear with this Functional, compound exercise, class with this Russian style kettle bell workout. The kettle bell is a cast-iron weight (resembling a cannonball with a handle). We start by using multiple muscle groups simultaneously, developing strength and muscular endurance and focusing on an efficient caloric expenditure. With a large emphasis on integrating breathing, movement and alignment with your ability to control balance and weight.

## Circuits

Circuits class utilises weights and other pieces of equipment to improve cardiovascular fitness and strength. We start of the circuit at one station and we move clockwise around the stations until the circuit is complete, with rest period between each station.

Circuits usually last 45 minutes, helps you tone up and have fun No complicated routines to remember. No time to get bored. Work at your own pace or in a small group so you can motivate or challenge each other.

## Rig Fit

Taking your training to a whole new level, This fresh new circuit based training class on the gym floor rig is the perfect way to tone your muscles, with first class instruction and help we work together to make targets and challenges. After a few weeks you will see results, changes to your body shape and you will see your strength improve rapidly. If you are new to the rig and learning how to do your first squat or if you are a pro, we welcome all fitness levels and abilities to give it a go, this class is also a great way to take your training up a notch.

## Combat

High energy fitness inspired class, moving, jumping it has it all! If you want to build your stamina this is the class for you! Whole body interval training, we suggest you bring your water, enjoy the fun high tempo class and get the blood pumping. Beginners to fitness welcome.

## Mind & Body

Come to Mind & Body to relax after a tough day. M&B is a blend of various training systems predominately Yoga, Tai Chi and Pilates. Great for flexibility, developing wellness, personal growth through exercise and inspires personal transformations. This hour will be the most relaxed hour you have all week. Join the TRIBE!

## Bums & Tums

BURN away that body fat! Bums & Tums is body toning class lasting 50-minutes with a full body workout suitable for all ages and fitness levels - from the beginner to the super fit!

After a short warm-up each muscle group is given an individual workout, starting with arms, chest and shoulders, onto the waist and then some serious abdominal work. This is followed by concentrated work on the hips, thighs and bums with some gentle back strengthening exercises to ensure every possible muscles is worked to its full potential. Lastly there is a very welcome cool down and stretch.

Everyone in the class works at their own level, taking breaks when needed and the most important thing is to have fun as you get fit!

## Pilates

Strengthen your core! Physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the core, Exercises are performed lying down, Pilates aims to stretches and lengthens the muscles, designed to improve posture, flexibility. Perfect for all fitness levels from beginners through to intermediate and advanced.

## Spin

Spinning is an indoor cycling class that provides all the terrain you need – hills, climbs, flats, and much more! Set to great music, you are sure to break a sweat as you cross the finish line with the team. Improving your lower body strength, and increasing your cardiovascular endurance. Get there a few minutes early so the instructor can help set up your bike!

## HIIT

HIIT Stands for High Intensity Interval Training! There is a reason HIIT is only half an hour! It's all you need.

HIIT is cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. HIIT is the concept where one performs a short burst of high-intensity exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue. HIIT is an intense workout typically last under 30 minutes, with times varying based on a participant's current fitness level!

## Circuits

A form of circuit training and body conditioning using functional and high-intensity exercises. It targets fat burning, strength building and muscular endurance all within a 45-minute time period. The time between exercises in circuit training is short, often with rapid movement to the next exercise. This keeps the heart rate up which in-turn burns more of those troublesome calories! Every week we mix it up – lower body/upper body/abs/cardio. Rotate keeps training fresh, vibrant and exciting with something new each week!

## Zumba

Saturday Morning FUN! Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included, Burn off those empty calories and let the dancing begin!

## Thai & Tums

This Aerobics style toning class brings you back to basics! Rhythmic aerobic exercise with stretching and strengthening training routines with a goal of improving all elements of fitness, (flexibility, muscular strength and cardio vascular fitness) Keeping your heart rate up, burning those calories, tones your muscles and with a great range of music will make you feel alive and refreshed. What better way to start your week off!

