

# FUNCTIONAL TRAINING

Challenge yourself in our **B ACTIVE FUNCTIONAL TRAINING** program. These 45-minute classes are sure to raise your heart rate!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:05AM	FUNCTIONAL Kaylee	STRENGTH 1 Kaylee	COACH'S CALL Alex	HIIT Kaylee	STRENGTH 2 Sam	
6:30AM						COACH'S CALL Luke/Jarred
7:30AM						COACH'S CALL Luke/Jarred
09:05AM	FUNCTIONAL Kaylee	FUNCTIONAL STRENGTH Alex	COACH'S CALL Alex	HIIT Sam	STRENGTH 2 Sam	
05:30PM	FUNCTIONAL Luke	STRENGTH 1 Sam	COACH'S CALL Hunter	HIIT Sam	STRENGTH AND CONDITIONING Jarred	



**BOOK YOUR SPOT THROUGH THE ACTIVE WORLD APP!**

Download the app to login or sign up.  
For class schedules and more, visit our group fitness timetable. For assistance,  
complete an enquiry form on our contact page at [www.albanycreeklc.com.au](http://www.albanycreeklc.com.au)

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CLASS DESCRIPTION	
<b>HITT</b>	High paced workouts with alternating periods of intense activity alongside rest or low intensity exercise. Designed to improve cardiovascular fitness in a much shorter timeframe.
<b>STRENGTH</b>	Dynamic workouts using resistance/weights training and bodyweight exercises to promote muscular strength and tone. These classes are great for injury prevention and bone density whilst also learning correct lifting technique.
<b>FUNCTIONAL</b>	A mixture of both resistance/weights training and cardiovascular exercises within the same workout to improve overall fitness, strength, balance and coordination. Movements in the class carry over to day to day real life activities.
<b>STRENGTH CONDITIONING FUNCTIONAL</b>	Various weight training and bodyweight exercises implemented to promote muscular strength and tone. A short and sharp cardio burst is also included at the end of the workout to take your fitness to the next level.
<b>COACH'S CALL</b>	A class consisting of weight training, functional movement and cardiovascular exercises all tied into the one with a coach providing their own unique style keeping things fresh and members on their toes.



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