

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	CARDIO BLAST BOOKED AS AEROBIC	STRENGTH	COACH'S CALL BOOKED AS FUNCTIONAL	FUNCTIONAL	STRENGTH	
6:15AM						BOOTCAMP OUTDOOR
09:05AM	CARDIO BLAST BOOKED AS AEROBIC	STRENGTH	COACH'S CALL BOOKED AS FUNCTIONAL	FUNCTIONAL	STRENGTH	
05:30PM	CARDIO BLAST BOOKED AS AEROBIC	STRENGTH	COACH'S CALL BOOKED AS FUNCTIONAL	FUNCTIONAL	STRENGTH	



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

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CLASS DESCRIPTION	
CARDIO BLAST	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.
STRENGTH	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.
FUNCTIONAL	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.
COACH'S CALL	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.
BOOT CAMP	A dynamic group workout that combines elements high-intensity interval training (HIIT) and functional exercises. These classes are designed to provide a total body workout that challenges participants both mentally and physically. Participants are encouraged to push their limits, fostering a sense of camaraderie and creating a supportive community within the class. These workouts will be outdoor, weather dependent.



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