

# 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	<b>CARDIO BLAST</b> <i>BOOKED AS AEROBIC</i>	<b>STRENGTH</b>	<b>COACH'S CALL</b> <i>BOOKED AS FUNCTIONAL</i>	<b>FUNCTIONAL</b>	<b>STRENGTH</b>	
6:15AM						<b>BOOTCAMP OUTDOOR</b>
09:05AM	<b>CARDIO BLAST</b> <i>BOOKED AS AEROBIC</i>	<b>STRENGTH</b>	<b>COACH'S CALL</b> <i>BOOKED AS FUNCTIONAL</i>	<b>FUNCTIONAL</b>	<b>STRENGTH</b>	
05:30PM	<b>CARDIO BLAST</b> <i>BOOKED AS AEROBIC</i>	<b>STRENGTH</b>	<b>COACH'S CALL</b> <i>BOOKED AS FUNCTIONAL</i>	<b>FUNCTIONAL</b>	<b>STRENGTH</b>	



**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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<b>CLASS DESCRIPTION</b>	
<b>CARDIO BLAST</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>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.
<b>BOOT CAMP</b>	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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