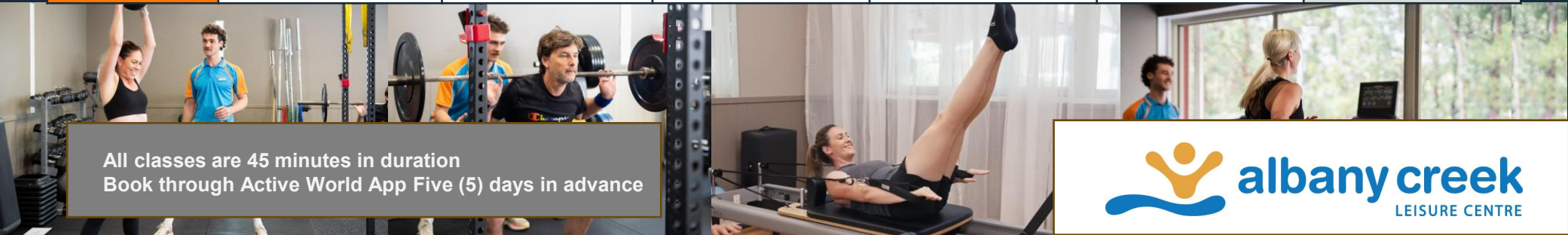


FUNCTIONAL TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:05AM	AEROBIC	STRENGTH	FUNCTIONAL		STRENGTH	
6:30AM						BOOTCAMP OUTDOOR
09:05AM	AEROBIC	STRENGTH	FUNCTIONAL	FUNCTIONAL	STRENGTH	
05:30PM	AEROBIC	STRENGTH	FUNCTIONAL	FUNCTIONAL	STRENGTH	



All classes are 45 minutes in duration
Book through Active World App Five (5) days in advance

FUNCTIONAL TRAINING

Premium Membership 45-minute classes

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.

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.



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