

Class Descriptions

Active Over 50's	Delivers a great class of low impact exercises designed to build strength, flexibility and muscle movement. Targeted to those over 50 years of age to promote a healthy weight, lose excess body fat and minimise risk of arthritis.
Body Attack	A sport-inspired cardio class that builds strength & stamina. A highly energetic fitness class combines powerful aerobic movements with strength and conditioning work. Suitable for all fitness levels.
Body Balance	The ultimate "mind-body" class, combining Yoga, Tai-Chi & Pilates. Body Balance builds flexibility and strength, and brings the body into a state of harmony and peace. Great for all fitness levels.
Body Pump	Will shape, sculpt and tone your muscles for a fun full-body workout. With low-resistance weights, and high repetitions - you will lose fat, strengthen and condition your muscles.
Body Sculpt	A basic low impact total body workout, fun and easy to follow. Using hand weights with a combination of aerobic exercises, you will tone and sculpt your muscles, while reducing fat. Great for all levels of fitness.
Cross Trainer	An interval, free-style athletic class utilising basic choreography. Suitable for beginners to intermediate exercise, perfect bridging course to Step Moves.
Crunch	An explosive 15min abdominal workout, targeting all core muscles.
High-Energy	A fabulous cardio and strength workout, conditioning the whole body. Designed to build fitness levels and push you to the extreme.
Pilates	An intense stretching class that combines workouts for your abdominals, legs, arms and back. Great for improving flexibility, toning and conditioning.
Spinn	A high intensity class that is guaranteed to burn more calories than any other class, and boost fitness levels. Spinn focuses on a mixture of endurance, sprints and strength training on a bike. You can't help but work hard and push yourself to the limit.
Step Athletic	A free-style athletic step class, for beginner to intermediate exercises. Focuses on using fun choreography to build coordination whilst burning calories.
Step Moves	A free-style athletic step class utilising complex choreography designed to increase endurance, reduce fat and build coordination. Suitable for advanced exercisers.
Yogalates	A total system of mind and body healing, combining the flexibility and contemplation aspects of yoga with the muscle strengthening and toning benefits of Pilates.
Zumba	An exhilarating, effective, easy-to-follow, Latin inspired, calorie-burning dance party. Loads of fun and suitable for all fitness levels.

OPENING HOURS
NOW Open 24/5 Hours

Open Mon 5.30am
Close Fri 11pm

Saturday 8.00am - 6.00pm
Sunday 9.00am - 6.00pm

Planet Fitness Lambton

"The Judgement Free Health Club"



Group Fitness Timetable

TIME	MON	TUES	WED	THUR	FRI	SAT
6:05am	SPINN Cory	HIGH ENERGY Brooke	BODY PUMP (45mins) Liv	HIGH ENERGY Liv	SPINN & ABS Liv	
8:30am	ACTIVE OVER 50's (50mins) Cory		ACTIVE OVER 50'S (50mins) Cory		ACTIVE OVER 50'S Brianna	BODY PUMP Deb
9:30am	CROSS TRAINER Brooke	BODY PUMP Deb	CROSS TRAINER Cory	BODY PUMP Deb	BODY SCULPT Liv	SPINN Liv / Brooke
10:30am	BODY BALANCE Christine		PILATES			
4:30pm	BODY ATTACK Helen	BODY PUMP (45mins) Deb	SPINN Brooke	STEP ATHLETIC (55mins) Alisha	SUPER HIGH- ENERGY Liv	
5:15pm		CRUNCH (15mins) Brooke	CRUNCH (15mins) Helen			
5:30pm	BODY PUMP Brett SPINN Brooke	STEP ATHLETIC Brooke	BODY ATTACK Helen	CRUNCH 5:30 (15mins) Celia	BODY PUMP Helen	
5:45pm				SPINN 45 mins Celia BODY SCULPT Alisha		
6:30pm	BODY BALANCE Chris	YOGALATES Rhonda	BODYPUMP Liv	YOGALATES Jasmine		
7:30pm		ZUMBA Aleesha		ZUMBA Aleesha		

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Ph: 4956 2144

 www.planetfitness.com.au