

## BodyPump

The fastest way in the Universe (Planet) to change your body shape. Work all major muscle groups using weights to target & tone. Increase lean muscle tissue so you burn more calories 24 hours a day! (verified by the University of Auckland as providing the fastest body fat loss of any fitness class).

## Zumba

Its the dance craze that is taking over the world! They say "Ditch the workout & join the party! Well it sure is a party! You have to love Zumba!! With all that it offers...The rhythm of Brazilian and hip shaking beats, great for cardio and weight loss , this is one time in your week when you can totally let loose, laugh and experience the freedom and fun that is Zumba! You will leave with a smile, this is one exercise class you can't wait to do!!

## Planet Spin

An inspiring group cycle class that's gives you a great calorie burning effect. You will improve your fitness & endurance at your own pace, fast. Be entertained by motivating & addictive music while you shape perfect legs. This class is completely safe, non impact but gives the ultimate adrenaline ride.

## Pilates

Pilates will challenge you strength, flexibility and co-ordination with traditional and modern Pilates moves performed on the floor. Pilates uses gravity and your own body weight to create resistance, incorporating workouts for your abdominal, leg, arm and back muscles. You'll feel strong, streamlined and invigorated after this thorough workout.

## Boxing

Box your way to better health and fitness in this awesome bout of fun and sweat! This class is designed to increase your strength and fitness levels, improve hand-eye coordination and provide an excellent upper and lower body workout, requiring no previous experience. A great way to improve cardio vascular fitness, while adding a cross-training program to your weekly exercise regime.



# Casula Group Fitness Timetable



Shop 8 Crossroads Homemaker Centre  
Corner Beech Road & Camden Valley  
Way, Casula NSW 2170

P: 02 9600 6199

F: 02 9600 6277

E: [casula@planetfitness.com.au](mailto:casula@planetfitness.com.au)

W: [www.planetfitness.com.au](http://www.planetfitness.com.au)

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## Opening Hours

Mon	5:30am - 10pm
Tues	5:30am - 10pm
Wed	5:30am - 10pm
Thurs	5:30am - 9pm
Fri	5:30am - 9pm
Sat	8am - 6pm
Sun	9am - 6pm

**Ph: (02) 9600 6199**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15am						PLANET SPIN \$2 per class
9:00am						BODY PUMP \$2 per class
5:30pm	BOXING \$2 per class		PILATES \$5 per class			
6:15pm		PLANET SPIN \$2 per class		PLANET SPIN \$2 per class		
6:30pm	BODY PUMP \$2 per class		BODY PUMP \$2 per class		BODY PUMP \$2 per class	
7:00pm		ZUMBA \$5 per class		ZUMBA \$5 per class		
7:30pm	PLANET SPIN \$2 per class		BOXING \$2 per class			



The prices above are our special Members prices.

Guests of Platinum members are welcome to join in the fun at the same price as Members

Tokens can be collected 30 mins prior to the commencement of the class