



DORSET FLEX CLASS TIMETABLE

Trainer Key:

Harriet	Tess	Heath
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Locations: Dorset Flex (DF), Scottsdale Stadium (Stadium)

Class Prices: Members \$5, Non-Members \$10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM				Spin (DF) 45 mins Bookings Essential		
6:30 AM						
8:00 AM						Weights 4 Women (DF) 1hr
8:30 AM						
9:00 AM						Weights 4 Women (DF) 1hr
9:30 AM				Weights 4 Women (DF) 1hr		
10:00 AM						
5:30 PM						
6:00 PM	HIIT (Stadium) 30 mins		Boxing Bootcamp (Stadium) 45 mins			
6:15 PM				Active Yoga (DF) 45 mins	Spin (DF) 45 mins Bookings Essential	
6:30 PM						

Weights 4 Women	Weight training is a excellent workout for women that often gets a bad wrap. Don't fear bulking up... think lean, toned arms, legs and tummy. Weight training is also fabulous for weight loss and prevention of osteoporosis. Weights 4 Women provides a great introduction to weight training in a supportive, professionally coached class.
HIIT	High Intensity Interval Training (HIIT) is a massive fat burner that also incorporates functional strength training. This express class (30mins) is all you need to see results. Most exercises are time based, so you work at your own pace to achieve what you can. You will work all the major muscle groups as well as a solid cardio workout. Half an hour, its just 2% of your day.
Active Yoga	Active Yoga is great for increasing core strength and overall flexibility. Dorset Flex Active yoga incorporates yoga moves with other core and leg conditioning exercises. A great option for those wanting to lengthen out tight muscles while still building strength and creating tone.
Boxing Bootcamp	Boxing Bootcamp is just that, bootcamp with some boxing thrown in. A total body workout that incorporates solid cardio with some sneaky conditioning. Boxing is a great way to take out frustrations and gain some great results.
Spin	Jump on the bikes and burn those calories. Spin is a low impact, high intensity workout that will leave you feeling like you have been for a ride on the Blue Derby trails right from the air conditioned comfort of Dorset Flex. - BOOKINGS ESSENTIAL