MERIDIAN FITNESS
• HEALTH CLUB & SPA •

# WEEKLY SCHEDULER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| YOGA<br>Main Studio<br>6:45 am – 7:30 am<br>Dafne | YOGILATES FUSION<br>Main Studio<br>11:00 am – 11:45 am<br>Louie | ZUMBA<br>Main Studio<br>11:00 am – 11:45 pm<br>Sharon | YOGA<br>Main Studio<br>6:45 am – 7:30 am<br>Dafne | Rhythm & Flow<br>Main Studio<br>10:00 am – 10:45 am<br>Tracy | YOGA<br>Main Studio<br>9:00 am – 9:45 am<br>Ashley | YOGA<br>Main Studio<br>8:00 pm – 8:45 pm<br>Izzy |
| CORE & STRONG BODY<br>Main Studio<br>10:00 am – 10:45 am<br>Fitness Team | KETTLE BLAST<br>Main Studio<br>12:00 pm – 12:45 pm<br>Fitness Team | RIDE2TONE<br>Main Studio<br>12:00 pm – 12:45 pm<br>Fitness Team | CORE STRENGTH<br>Main Studio<br>10:00 am to 10:45 am<br>Fitness Team | BODY HIIT<br>Main Studio<br>12:00 pm – 12:45 pm<br>Fitness Team | ZUMBA<br>Main Studio<br>10:00 am – 10:45 am<br>Natalia | LTB<br>Main Studio<br>9:00 am – 9:45 am<br>Fitness Team |
| BALLET BARRE<br>Main Studio<br>10:45 am – 11:45 am<br>Louie | BOOT CAMP<br>Main Studio<br>1:00 pm – 1:45 pm<br>Fitness Team | LBT<br>Main Studio<br>1:00 pm – 1:45 pm<br>Fitness Team | SPIN<br>Main Studio<br>11:00 am – 11:45 am<br>Fitness Team | CIRCUITS<br>Main Studio<br>1:00 pm – 1:45 pm<br>Fitness Team | PILATES ON THE BALL<br>Main Studio<br>11:00 am – 11:45 am<br>Louie | RIDE2TONE<br>Main Studio<br>10:00 am to 10:45 am<br>Fitness Team |
| FITNESS INFUSION<br>Main Studio<br>12:00 pm – 12:45 pm<br>Fitness Team | RIDE2TONE<br>Main Studio<br>5:00 pm – 5:45 pm<br>Fitness Team | STRENGTH CONDITIONING<br>Main Studio<br>5:15 pm – 6:00 pm<br>Fitness Team | HIIT<br>Main Studio<br>12:00 pm-12:30 pm<br>Fitness Team | LBT<br>Main Studio<br>2:00 pm – 2:45 pm<br>Fitness Team | AERIAL YOGALATES<br>Main Studio<br>12:00 pm – 1:00 pm<br>Bella | KETTLE BLAST<br>Main Studio<br>12:00 pm – 12:45 pm<br>Fitness Team |
| CORE STRENGTH<br>Main Studio<br>1:00 pm – 1:45 pm<br>Fitness Team | BOXERCISE<br>Main Studio<br>6:00 pm – 7:00 pm<br>Fitness Team | KICKBOXING<br>Main Studio<br>6:00 pm – 7:00 pm<br>Fitness Team | BODY CONDITIONING<br>Main Studio<br>1:00 pm to 1:45 pm<br>Fitness Team | | | BOXERCISE<br>Main Studio<br>1:00 pm – 1:45 pm<br>Fitness Team |
| HIIT<br>Main Studio<br>5:00 pm – 5:45 pm<br>Fitness Team | Pilates on the Ball<br>Main Studio<br>7:00 pm – 8:00 pm<br>Louie | VINYASA YOGA<br>Main Studio<br>7:00 pm – 7:45 pm<br>Janice | AERIAL YOGA<br>Main Studio<br>6:00 pm to 7:00 pm<br>Chaeli | | | CALLISTHENICS<br>Main Studio<br>2:00 pm – 2:45 pm<br>Fitness Team |
| KETTLE BLAST<br>Main Studio<br>6:00 pm – 6:45 pm<br>Fitness Team | Full Body Workout<br>Main Studio<br>8:00 pm – 9:00 pm<br>Fitness Team | BODY TONE<br>Main Studio<br>8:00 am – 8:45 am<br>Fitness Team | PILATES<br>Main Studio<br>7:15 pm – 8:00 pm<br>Louie | | | |
| FLOW YOGA<br>Main Studio<br>7:00 pm – 7:45 pm<br>Izzi | | | | | | |
| ZUMBA<br>Main Studio<br>8:00 pm – 9:00 pm<br>Natalia | | | | | | |

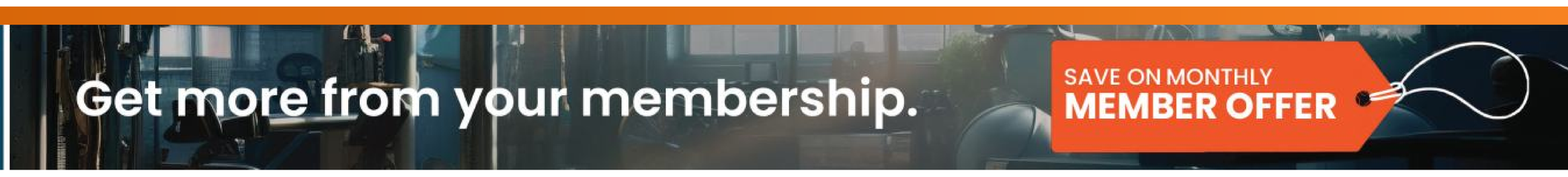
Mind & Body · Cardio/Sculpt · Muscle · Strength & Conditioning

Class places are allocated by booking upto 4 days in advance. Five minutes after the class has commenced, entry will be at the instructor's direction.

Remaining class places are allocated on a first come, first served basis. Once capacity is reached, on more participants may enter the class.

Members who are new to classes or have medical problems, must make the instructor aware of this prior to the class commencing.

## MEMBERSHIP BENEFITS




# CLASS EXERCISE ACTIVITIES

### AERIAL YOGA
Aerial yoga combines acrobatic arts and anti-gravity asana, but it's also an accessible practice that can help you find more length in your spine and safe alignment in your poses.

### BALLET BARRE
A fusion of dance, ballet and pilates with a strong focus on dance. Classes give you a low impact but high intensity full body workout.

### BODY CONDITIONING
From strength training and body sculpting to functional training and core conditioning, you'll move better, feel stronger, and look more chiselled.

### BOOT CAMP
Bootcamp mixes cardio and resistance exercises to improve your balance, strength and flexibility.

### BOXERCISE
Combines boxing and exercise in great fun, stress busting activity to suit everyone who wants to enjoy boxing training without getting hit.

### CIRCUITS
The "musical chairs" of the exercise world, you'll move around each station and workout different muscle groups. You'll work hard and test both your cardio and strength for an all-round challenge.

### CROSS TRAINING
These classes use a combination of exercises to work various parts of the body. The aim is to reduce the risk of injury and improve overall fitness levels.

### DANCE YOGA
Uniquely combines gentle yoga, movement therapy, mindfulness meditation, guided movement, free dance fun, deep relaxation and heart-warming community interaction suitable for all levels.

### FITNESS INFUSION
A barbell workout for anyone looking to get lean, toned and fit - fast. It will burn up to 540 calories.

### LEGS BUMS TUMS
This class is designed to target those stubborn areas that normal exercise does not get to. LBT! Legs Bums Tums!

### HIIT
You give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Keeps your heart rate up and burns more fat in less time.

### PILATES
A body conditioning class that promotes great posture, fantastic overall strength, and a sculptured body.

### PILATES ON THE BALL
Putting your gravity bound body against a mobile ball requires balance. Balancing recruits many of the body's deep stabilising muscles (like the pelvic floor muscles).

### RIDE2TONE
Our unique blend of endorphin-boosting indoor cycling and toning bodyweight moves. Start with a 30 minute cardio ride, followed by 30 minutes of mobility and toning exercises designed to improve all-round athleticism and mental wellbeing.

### SPIN
Self-controlled cardio and resistance interval training class done on a fixed wheel bike.

### VINYASA YOGA
A fluid class of playful yoga sequences to tune into the breath, build strength, flexibility and balance before time to relax body and mind to finish.

### YOGA
Increases flexibility, strengthens, and tones your body, and calms your mind.

### ZUMBA
A Latin inspired dance fitness class that blends red hot international music and contagious steps to form a fitness party.

### DANCE YOGA
Uniquely combines gentle yoga, movement therapy, mindfulness meditation, guided movement, free dance fun, deep relaxation and heart-warming community interaction suitable for all levels.

## 3 STEPS TO SUCCESS

Whether you are brand new exercise or a gym veteran, our qualified faintness caches will put you at ease, help you begin your health & fitness journey and support future goals.



### STEP 1 - GETTING STARTED
Your health & fitness journey starts with a 1-2-1 consultation with one of the our expert personal trainers who will help a bespoke gym experience based on your specific needs




### STEP 2 - PROGRESS SESSIONS
Joining a gym is a huge step for most of us. To help ensure you stick to your goals and keep moving forward successfully, we've designed the progress sessions. Every 4-6 weeks we will offer you the opportunity to re-evaluate your progress with your fitness expert. Assessing what's going well, what could be improved, plus your likes and dislikes will all be taken into account to reinvigorate your experience.



### STEP 3 - COMPLIMENTARY PERSONAL TRAINING CONSULATION
As a Meridian Fitness member, you are entitled to a complimentary Personal Training consultation with one of our expert Personal Trainers. This is the next step in your membership journey and will help you really get to grips with your goals and understand how to achieve outstanding results throughout your gym experience. Your complimentary Personal Training consultation will be designed by our Level 3 qualified Personal Trainers, and once an initial assessment of your goals are complete, you will receive a program card designed specifically for you and your needs.

### CLUB OPENING HOURS
MONDAY - FRIDAY
06:00 - 22:00

SATURDAY - SUNDAY
08:00 - 20:00

### OFF-PEAK HOURS
MONDAY - FRIDAY
09:00 - 16:00

SATURDAY - SUNDAY
11:00 - 17:00

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