



The results begin when you do!



Group Fitness Program
AUGUST 2019

MISSION STATEMENT

Our mission is to deliver you a great experience and to assist you to achieve your lifestyle goals. We are professional, dedicated and motivated. We aim to exceed your expectations of what a gym is. We offer integrity, consistency and business longevity.

This is our mission!

Opening Hours

Monday, Tuesday & Thursday _____ 5.45am - 8.00pm
 Wednesday _____ 5:45am - 7.00pm
 Friday _____ 5:45am - 7.00pm
 Saturday _____ 7.00am - 11.00am

Closed all other times including public holidays.
 Access during un-staffed times with 24/7 access pass.

Child Minding Hours

Monday to Thursday _____ 8.30 – 11.30am, 4.30 – 7:30pm
 Friday _____ 8.30 – 11.30am, 3.45 – 6:45pm
 Saturday _____ 7.15 – 10.30am

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
6.00	C-C-X Andrew C	LES MILLS RPM Jess	SUNRISE YOGA Rebel	C-C-X Andrew C LES MILLS RPM Roxy	SUNRISE YOGA Rebel		
7.15						LES MILLS RPM Roxy	
7.30	CARDIO TONE Cheryl		CARDIO TONE Cheryl		CARDIO TONE Sandy		
8.15						LES MILLS BODYPUMP Janna	
9.15	LES MILLS BODYPUMP Janna SPIN	BODY SCULPT Sandy	H.I.I.T. Renee SPIN	BODYPUMP Janna	BOXING Renee	LES BODYBALANCE Sandy	
10.15	YOGA Rebel	YOGA Kassie	PILATES Cheryl	YOGA Kassie	PILATES Natalie		
12.30	EXPRESS YOGA Kassie	C-C-X Janna	EXPRESS YOGA Kassie	C-C-X Janna	LUNCHTIME WORKOUTS		
5.30	BODYPUMP Janna LES MILLS RPM Jess	H.I.I.T. Janna	LES MILLS RPM Jess YOGA Rebel	BODYPUMP Janna	LES MILLS RPM Roxy		
6.30	YOGA Mark	LES BODYBALANCE Roxy		LES BODYBALANCE Janna	new		



W.O.W.
Fivestar Fitness
WORKOUT
of the Week

A unique and dynamic workout suitable for any level of fitness. Constantly varied to challenge you for greater results. Workouts are free and available every week. See Reception.

Five Star Fitness 24/7 - www.fivestarfitness.com.au

158 Gordon St, Port Macquarie • Ph: 65 841 841 • fivestarfitness@bigpond.com.au • Fx: 65 838 838






Workout Guide

1 = least demanding
5 = most demanding


Getting Started & Seniors If you are one of our many senior participants or have been inactive for a while enjoy these friendly low to moderate exercise programs.

CARDIO TONE	<p>This low-impact group fitness workout designed for the mature participant or beginner lets you choose just how hard you work. You are talked step-by-step through the entire class by a skilled instructor whilst listening to old style tunes and having lots of fun.</p>	<p>2</p>
--------------------	---	----------

Cardio Do your heart a favour. Increase cardiovascular health and train your body to burn fat more efficiently.


 SPIN	<p>RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. With great music pumping and the group riding as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. You control your own resistance levels and speed so you can build up your fitness level over time.</p>	<p>3-5</p>
H.I.I.T.	<p>High Intensity Interval Training; with new workout challenges in every class, the full functional training benefits are designed to get your key muscles firing all at once, in one 45 minute session, that will give you the greatest workout possible- every time!!!</p>	<p>3-5</p>
BOXING	<p>Boxing is a 45 minute cardio workout that challenges the whole body. You will be pushed to your limits in this hard hitting workout.</p>	

Mind & Body Take time out for you, slow down the pace of daily life, reduce your risk of injury, relieve stress and feel great.

SUNRISE YOGA	<p>An early morning Power Yoga session. Focussing on core strength, flexibility, mind, body and breath awareness and stretching</p>	<p>2-4</p>
 BODYBALANCE	<p>BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.</p>	<p>2-4</p>
YOGA	<p>There are 3 yoga styles taught - Vinyasa, Vinyasa Flow and Hatha. Experience the benefits of improved core strength, flexibility, mind-body and breath awareness through practicing a series of stretches, postures and poses. Yoga is suitable for all.</p>	<p>2-4</p>
EXPRESS YOGA	<p>A 30 minute power yoga session with a short relaxation/meditation period at the end. Get out of your workplace and enjoy your lunchbreak in a different way.</p>	<p>2-4</p>

Sculpt, Strength & Core Stability

Lose fat, gain muscle, boost metabolism and increase your bone density.

 BODYPUMP	<p>BODYPUMP™ is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!</p>	<p>2-4</p>
BODY SCULPT	<p>A body shaping and toning class which incorporates step and resistance training. This class will improve your strength, muscular endurance and boost your metabolism.</p>	<p>2-4</p>
C-C-X	<p>Cross Circuit Extreme - is a workout designed to challenge the whole body and done in a circuit format. This is a unique program done in either the 55 minute morning class or the 30 minute lunchtime special.</p>	<p>3-5</p>

visit us online at www.fivestarfitness.com.au