



GROUP FITNESS TIMETABLE

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TIME	MON	TUES	WED	THUR	FRI	SAT
9.30am	YOGATAAL	ZUMBA FITNESS	YOGATAAL	BARBELL MATRIX™		BARBELL MATRIX™
10.30am	Gymstick Circuit	Gymstick Circuit	Gymstick Circuit	Senior Stretch	Gymstick Circuit	Dance Fitness Party Masala ZUMBA
5.30pm	Gymstick Circuit	Gymstick Circuit	Gymstick Circuit	Gymstick Circuit		
6.30pm	BARBELL MATRIX™	YOGATAAL	BARBELL MATRIX™	ZUMBA FITNESS		

No GF Classes on Public Holidays!

Please come dressed for the class as changing room space is limited

FITNESS IS FUN!!!!

Aerodance Masala -The Masala is an energetic group exercise routine based on the latest music and movements from Bollywood and bhangra Indian dance.The Masala is designed for serious calorie burning and stamina building. The movements are generally simple in nature but incorporate large muscle groups in big, sweeping movements that require a lot of energy to perform. The result is a heart thumping, breath gasping workout that is quick to learn, fun to perform and impossible to quit.Classes cater for all levels of participant. The Masala will burn the weight off you and tighten your physique. Energy levels go through the roof and keep you happening, day and night

Barbell Matrix -Barbell Matrix is a fun but serious, full body resistance training workout using specialized barbells and other resistance equipment.Barbell Matrix is the class that builds muscle, burns fat and promotes all round physical fitness. It is a combination of weight training, mat work and cardio inspired by driving music and grit. A dance with a barbell, this is extreme calorie burning. All major muscle groups are targeted safely and effectively. There is no better way.Classes cater for all levels of participant. Barbell Matrix will rapidly improve your muscle shape, tone and endurance. You set the intensity. The more weight you carry, the stronger you get. And stamina and endurance are thrown in for free.

Yogataal -Yogataal is a group fitness exercise routine setting the basics of modern yoga practice with the atmosphere of contemporary world music.Yogataal takes relatively simple yoga stances and poses and links them together to produce a dynamic, flowing and energetic fitness routine. The emphasis is on cardio-respiratory and muscular fitness, and Yogataal effectively imparts the fitness benefits of yoga to the recreational enthusiast. Each Yogataal class contains a coherent human theme with spoken passages, music and movement all contributing to make the class an experience, not just a workout. Classes cater for all levels of participant. Yogataal will challenge and improve your flexibility, core strength, concentration and endurance within an enjoyable, dance-like atmosphere.

Stretch Senior -Stretching or flexibility exercises are important part of your physical activity programme. They give you more freedom of movement for your physical everyday activities such as getting dressed and reaching objects on a shelf. Senior Stretch is a simple class that will restore the ease of movement, range of movement and develop strength to make everyday activities so much easier.

Zumba -Zumba is Columbian for "move fast and have fun". It's a fitness dance of latin flavour including strengthening and cardio to tone and sculpt the body whilst burning fat. Fitness fun.

Gymstick Circuit – A circuit of work stations using the gymstick to activate all muscle groups for a full body tone, strength and shape. At the ring of a bell, you change stations to go from one exercise to the next until you have completed the circuit. Guaranteed results and you can work at your own level. Motivating music accompanies the class to inspire you to your greatest heights.

