

# MY GYM TIMETABLE 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am		STRENGTH		X-TRAINING	STRENGTH	
7:15am		STRENGTH	STRENGTH	X-TRAINING	X-TRAINING	
9:00am					TRAIN4GAIN	X-TRAINING
9:45am						STRENGTH
10:30am						RUNNING
11:15am			SUPERMUM			X-TRAINING
12:00pm			CIRCUIT			KICK BOXING
12:30pm	STRENGTH	F.I.T.	X-TRAINING	BOXING		
1:15pm	F.I.T.	X-TRAINING	BOXING	STRENGTH		
5:10pm	X-TRAINING*	X-TRAINING*	X-TRAINING*		HEAVY	
5:45pm	STRENGTH	X-TRAINING	BOXING	X-TRAINING	METAL	
6:30pm	X-TRAINING	F.I.T.	STRENGTH	BOXING	Free	
7:15pm	Beginner's BOXING	X-TRAINING	F.I.T.	STRENGTH	Weights	
8:00pm	X-TRAINING	STRENGTH				

## DESCRIPTIONS

We have two types of training sessions at My Gym. The gold sessions on the timetable are what we call **Group Personal Training** sessions and we try to keep to a maximum of 6 participants. We ask people to book for these sessions so we can keep the numbers low and tailor the sessions to whoever is coming.

The black and white sessions on the timetable are what we call **Open Classes** and there is no need to book and no prior experience necessary for these sessions. You just need to turn up with a towel and a positive attitude.

### X-TRAINING

Workouts are a powerful mix of cardio and weights for increasing fitness and lean muscle. The basic movements are pushing and pulling and use equipment like weights bars, chin-up bars, Olympic rings and Kettle Bells, as well as explosive moves like jumping on boxes. Sessions marked with \* indicate 35 minute express sessions - if you have been attending for a while and are familiar with the workouts you can come along and get it over with quickly!

### STRENGTH

Predominately weights sessions for getting stronger and toning muscle. Sessions are made up of various essential training moves. Learning these moves correctly will help you get maximum results, prevent injury, and ensure you feel confident using weights. We recommend attending at least 2 strength sessions before attending X-TRAINING.

### F.I.T. (Functional Integrated Training)

An interval training session similar to a circuit, out in the park, (unless its raining, or too dark, too hot etc, then we're in the studio), speed and agility drills: running around, jumping over things, throwing things and of course some push-ups and sit-ups – everything you hated about PE class at school! F.I.T. sessions run along the same vein as bootcamp, but without the yelling and carry-on. Guaranteed to get you FIT!

### BOXING

Ever wondered why boxers are some of the fittest all-round athletes you'll ever see? Boxing is a great workout. Boxing at MY GYM includes: skipping, shadow-boxing, technique and cardio & conditioning drills. Boxing will improve your balance, coordination and confidence. Not to mention, great arms and make you feel tough! We recommend attending Monday night, beginner sessions first, if you have never done any boxing before, this is session is still a workout but with simple combinations. If you would like to try a bit of kicking as well – check out Saturdays class for a bit of Thai style kick-boxing.

### RUNNING CLUB

If you need a bit of motivation for jogging, come for a run with Mac on Saturday mornings. Depending on the day, you might do a long slow distance run, some sprints or some hill runs – or a mixture of all three. (OR Mac might talk you into joining him at a local café for brunch instead)

### SUPERMUM CIRCUIT

Bring your baby and come along to get back to your old shape. **Post-natal circuit training** with a flexible start time. You have an hour and a half to do the workout which takes 45mins as Lynsey understands having a baby means everything takes a bit longer!

### TRAIN4GAIN

**Pre-natal** workout with Kate, who is having a baby in December. Safe exercise for you to during pregnancy but still a decent workout!

### HEAVY METAL

Open gym session. Come and pick up something big and heavy! A relaxed session where you can come in and lift weights in your own time.