

DECEMBER 2018

**FIT-Sessions are held at Gate 2 (100Plus Promenade) or Lawn Bowls, unless otherwise stated.*

Monday	Tuesday	Wednesday		Thursday		Friday	Saturday		Sunday
Zumba Gate 2* Time: 7pm to 8pm Duration: 1 Hour	Boot Camp Gate 2* Time: 7pm to 8.30pm Duration: 1.5 Hours	Cardio Blast Gate 2* Time: 7pm to 8pm Duration: 1 Hour	Yoga Lawn Bowls* Time: 7pm to 8pm Duration: 1 Hour	Superfit.Community (Run) Gate 2* Time: 7pm to 8.30pm Duration: 1.5 Hours	ELXR Fitness Assessment Gate 2* Time: 7pm to 8.30pm Duration: 1.5 Hours	Yoga Lawn Bowls* Time: 7pm to 8pm Duration: 1 Hour	Superfit.Community (Run) Gate 2* Time: 9am to 10.30am Duration: 1.5 Hours	ELXR Fitness Assessment Gate 2* Time: 9am to 10.30am Duration: 1.5 Hours	Cardio Blast Gate 2* Time: 9am to 10am Duration: 1 Hour
31							1		2
Break							Scope of focus: Functional Mobility Circuit for Coordination	ELXR Fitness Assessment	Cancelled due to event
3	4	5	6	7	8	9	10	11	12
Zumba Fitness	Body HIIT - Sprints and Timed Circuits	Cardio Blast and Zumba	Arm Poses, Shoulders and Inversion	Scope of focus: Compound Exercises for Strength and Endurance	ELXR Fitness Assessment	Leg Strengthening, Poses, Thigh, Inner Thigh	Scope of focus: Compound Exercises for Strength and Endurance		Cardio Freestyle and Zumba Fitness
10	11	12	13		14	15		16	
Zumba Fitness	Tabata - Lower Limbs and Speedwork	Cardio Kickbox and Zumba Fitness	Leg Strengthening, Poses, Thigh, Inner Thigh	Scope of focus: Anaerobic Conditioning: VO2 Max Training and Elevated Heart Zones	Hip Opening, Poses, Lower Back, Balancing	Scope of focus: Anaerobic Conditioning: VO2 Max Training and Elevated Heart Zones	Cardio Fun and Zumba Fitness		
17	18	19	20	21	22	23	BREAK		
24	25	26	27	28	29	30	BREAK		