

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.15 am					Spin Cycle ★		
5.30 am	Body Circuit ★	Spin Cycle ★	Bootcamp ★	Fit-key ★			
6.00 am		Boxing Class ★			Yoga ★		
7.00 am						Bootcamp ★	
8.00 am							
9.00 am			Body Trimming class ★				
9.30 am		Spin Cycle ★			Stretch/ ★ Relaxation		
5.00 pm	Spin Cycle ★				Boxing Class ★		
6.00 pm	Pilates ★ Spin Cycle ★	Yoga ★	Body Circuit/ Bootcamp ★ combo class	Pilates ★ Spin Cycle ★			
6.30 pm		Fit-key ★					
7.00 pm	Spin Cycle ★ (Overflow)			Fit-key ★			

★ 1 hour class ☆ 45 minute class \*All classes subject to booking - 3488 2455

## Class Descriptions

### Bootcamp

Outdoor class incorporating boxing, cardio and strength in a fun environment. Designed to challenge and caters for all fitness levels as participants work to their own level. Great for fitness and overall toning with an average calorie burn of 500 calories per class.

### Spin Cycle

Stationary cycle class with motivating music. Every spin class incorporates intervals of work and recovery and offers a fun, effective work out for all fitness levels. Great cardio workout with an average calorie burn of around 500 calories.

### Body Circuit

Body Circuit is held on the body4u glass enclosed balcony – looking out over Raby Bay Harbour. Circuit incorporates cardio and resistance work at alternating stations and will improve your fitness, strength and endurance. Average calorie burn 400-600 calories.

### Fit-Key

This is a body circuit class performed on the fantastic range SCI FIT cardio equipment. Fit-Key provides a great challenge as all equipment incorporates cardio and strength phases into your workout and your workout results are sent directly to your email at home or work. Calorie burn range between 250-800 calories.

### Pilates

1 hour class that offers a fantastic core workout as well as improving strength and flexibility. Incorporating floor work and sometimes fitball exercises in a relaxed atmosphere the class is set on the balcony overlooking the harbour sunset. Caters for all levels.

### Stretch / Relaxation

1 hour all over body stretching workout. Great for toning, strength and flexibility. A great therapeutic recovery session after a hard week's training.

### Boxing

1 hour boxing class combining boxing skills, cardio fitness, flexibility and body strength for all fitness levels. Great workout and great fun - Don't miss out on this one - It's a must do at body4u!

### Yoga

Yoga – unifying the mind, body & spirit in oneself. Promotes balance & harmony, alleviates stress & increases strength as well as flexibility. Yoga also aids in rehabilitation, nurtures injury as well as creating a foundation to further ones health, fitness & well being.

### Body Trimming

A fun full body workout combining a variety of different cardio, resistance and core exercises. Fantastic for mums after school drop off. Aimed at shaping and toning those troublesome areas like tummies, thighs and butts. As well as giving some great shape to your shoulders and arms. Suitable for all fitness levels.



**body4u**  
Personal Training Club

Raby Bay Harbour  
Level 1-152 Shore St.  
Cleveland Queensland  
Australia 4163  
PO Box 1315

Tel: 07 3488 2455  
Fax: 07 3488 2466  
info@body4u.com.au  
www.body4u.com.au



## Opening Hours

Monday - Thursday: 5.00am - 8.30pm  
Friday: 5.00am - 8.00pm  
Saturday: 7.00am - 2.00pm  
Sunday: 7.00am - 12.00pm  
Public holidays: 7.00am - 2.00pm