

# SPECIALIZED GROUP TRAINING

Time	Mon	Tues	Wed	Thurs	Fri
6.00am	X-training		X-training		Boxing
8.30am		X Women (Booking only)		X Women (Booking only)	
9.00am	X women (Booking only)		X women (Booking only)		
4.30pm				Kids 10-14yrs functional exercise	
5.30pm		X women (Booking only)		X women (Booking only)	
6.00pm	X Men		X Men		

**X Training:** Range of different exercises targeting the problems areas, fitness, toning & core work. Women’s class.  
**X Men:** A combination of resistance/weights, power training, boxing and cardio utilizing indoor and outdoor. Good for defining muscle, reducing body fat and increasing fitness. Varying ages.  
**X Women:** 9-11 week nutrition & exercise course with guaranteed results. Contact us for more information. Tues & Thurs sessions are more advanced focusing on all over body conditioning using power exercises. High intensity class to burn fat and shape your body. Recommended to have done X Women before.  
**Kids 10-14yrs:** Functional sports fitness and strength training specific for this age. To increase balance, co-ordination, fitness, strength & flexibility. Good cross training for sports.  
**Boxing:** All round fitness class with some strength and conditioning. Learn the correct techniques and have fun.

*Classes are for 1hr except kids which is 45mins  
 To get optimum results being accountable each week to someone makes for better results.  
 Shower facilities available*

**PLEASE VISIT MINDBODY BOOKING SYSTEM ON OUR WEBSITE TO ENROLL**

**MINIMUM OF 6 PEOPLE PER SESSION (TERMS OF AGREEMENT TO SIGN)**

*Also available Personal Training sessions specializing in: Weight Management, Body Fat Reduction & Toning, Ante & Post Natal Training, Fitness, Stress Management, Flexibility, Mobility & more*



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