

Lithgow Fitness Centre

63514414

Open 7am-8pm Mon/Tues/Thurs

6.30am-8pm Wed/Fri

8am-12pm Sat

TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am			Spin (45)		Spin (30)	
8.45am					Spin (45)	
9.30am	Fight Do c/s	Power c/s	X55 c/s	Fight Do c/s	Circuit & Box c/s cC/S	Oxigeno
1.15pm			Restart			
5.00pm	Spin (30)		Spin (30)			
5.45pm	Power c/s	Fight Do c/s	Step/THT c/s	Mega- Danz c/s	Fight Do c/s	
6.45pm			Kick-Box			
7.00pm		Yogalates				

Please note: Due to public liability there is **no child supervision** during the day. Most morning and night classes will be covered and are marked **c/s**. Thankyou L.F.C

Power: is a low impact barbell class which is high in fun. This targets a broad range of fitness levels and gives a total body workout.

Fight Do: is a non contact martial arts class which combines elements of karate and kickboxing into a high energy cardio class designed for fitness and fun.

Spin: This is a 45 or a 30 minute cycle class which will give your lower body an impact free workout and improve your overall fitness level.

X55: is a combination of THT/Step with floor work and weights and is suitable for beginners through to advanced. If “buns of steel” is what you want this is the class.

Kick-Box: This is a high intensity cardio class combining boxing and karate moves as well as self-defence techniques using bags and pads. Please bring your own mitts.

Circuit &: This class utilizes the Gyms purpose built circuit room for a 30 minute total body workout as well as 30 minutes of Boxing or 30 minutes of Fitness work.

Oxigeno: This class will give increased flexibility, strength and concentration by stretching all the major muscles of the body as well as core stability exercises.

Yogalates: With the combination of Yoga for flexibility and the benefits of Pilates for core strength this class will give your body an excellent workout and suit all ages.

Restart: This is our seniors class that is designed for those that have not exercised before or who may feel intimidated by the gym. The class is supervised and a great way to meet people.

Mega-Danz: This is a dance class combining hip-hop, latin, cha-cha and is great fun.