



# Strength Gym Classes

Day	Class	Time
Mondays	Strength Circuits	20:05
Tuesdays	Strength Circuits (Woman Only)	20:00
Wednesdays	Strength Circuits	11:00 & 20:00
	MaxFit Workout	19:00
Fridays	Strength Circuits	18:15
Saturdays	Learn to Lift	09:15
	MaxFit Workout	10:30

**Strength Circuits** - Muscular Strength and Endurance circuit class targeting upper, lower body & core with little or no rest between exercises.

**Maxfit Workout** - A high intensity workout that will test your fitness in different areas from Strength Training to Sports Fitness. Workouts vary from session to session and include: Strength & Conditioning, Functional Fitness and High Intensity Interval Training (HIIT).

**Learn to Lift** - This is a great introduction to strength training where in a small group you will practice your technique and build confidence using a weighted bar.