

Days / Times		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings	6:00am		ERGfit				
	7:00am						
	9:00am						ERGfit / Combo
	9:30am			ERGfit / GYMstick		ERGfit / Circuit	
	10:30am						
Afternoons	6pm	ERGfit	ERGfit - Skill	ERGfit	ERGfit - Skill		
	6.30pm	GYMstick	Circuit	Boxing Kettlebells	GYMstick		
	7pm	ERGfit NEW		ERGfit / Circuit	ERGfit - Advanced		
	7.30pm	Pilates			Circuit		
	8.00pm	Boxing Kettlebells	ERGfit / GYMstick	ERGfit			

ERGfit:

Indoor Rowing is a low impact, full body exercise that is ideal for everybody. It is a safe, time efficient workout that makes full use of the body's major muscle groups to give you a total body workout. Each class consists of a technique warm up followed by a structured routine/program on the Concept II Rowing Machine. Full coaching & instruction provided by our enthusiastic instructors. Prior to the cool down phase, core strength & stability exercises complete the ultimate workout.

ERGfit - Skill:

This class is designed to refine your skills and is suited to beginners, rehabilitation clients and members wanting to improve their technique. Row with more power & understand the relationship between power and stroke rate.

ERGfit - Advanced:

This class is designed to improve your cardiovascular endurance and consistency on the ergo. These classes place higher demands on the body thus increasing your tolerance threshold. Throughout the term and at week 10 of every term, there are specific events which the participants train for. So far, events have included the 1/2 marathon, 60 minutes of madness, ROW 4 the kids and time trials and racing over 500m, 2km, 6km and 10km.

ERGfit Combo:

A great class combining all the disciplines at ERGfit. This class changes every week to provide variety to your workouts & aims to improve your overall health (muscular endurance, strength, flexibility, balance & co-ordination)

ERGfit / GYMstick:

An effective full body workout using both the rowing machine and GYMstick in an often varied routine to keep you motivated and working hard every session.

Pilates: Pilates is a comprehensive system of exercise movements designed to strengthen and tone the entire body and is supervised by our highly trained instructor. Pilates is excellent for the prevention of back pain and injury. Some other benefits include: improve posture, tighten the abdomen, combat back & shoulder tension and develop balanced muscular strength on both sides of the body.

Bookings are essential - small group sizes! All classes run for 1 hour. Additional classes may be introduced subject to demand. Classes may be cancelled if insufficient numbers, timetable may change, we apologise for any inconvenience.

GYMstick:

GYMstick is an innovative fitness tool combined with our personalised program structure provides a great total body workout, ideal for increasing core strength, improving posture, co-ordination & balance by working the major muscle groups along with your small supporting muscle groups. Our GYMstick program delivers a comprehensive toning, strengthening & fat burning workout. Our small group environment allows for fast track performance whilst the different GYMstick resistance bands allow you to not only feel but see improved results.

Circuit:

Circuit classes are high energy, motivational & will change the way you think about exercise. They are designed to physically challenge you either as an individual or in a team environment. Our programs change on a weekly basis with no two programs the same. As specific circuit training fitness improves, so does your ability to work harder, you will be able to perform more repetitions thus increasing your calorie burning potential. Circuit training can be beneficial for weight loss, muscular endurance, agility, speed, strength, skill development, aerobic fitness, rehabilitation programs, kid's fitness & general fitness to assist with day to day activities in life.

Boxing Kettlebells:

Is an addition to the current circuit class with emphasis on boxing and Kettlebell training. These classes are not for the faint hearted and guarantee a high intensity workout. Each class utilises focus pads & mits, speedball, medicine balls & skipping ropes to increase speed, endurance & improve cardiovascular health.

Kettlebell training involves the entire body & focuses on endurance, power & dynamic movements. The exercises are functional & weight bearing which helps increase bone density & keep the body strong for daily tasks. The exercises are simple; the workouts are fun and straightforward enabling you to achieve overall improved fitness, co-ordination & movement reaction time.

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