

CLASS DESCRIPTIONS

Check website for upcoming feature classes. ✓ denotes a class unique to Mingara One Fitness

STUDIO 1

✓ One **Actives**
One step at a time. Aerobics fun style. Simple gentle and fun aerobics to keep you healthy for life.

✓ One **Barbell**
One for you. More than just weights. Barbell is a full body, strength and toning, weights based class.

✓ One **Dance**
A cheeky one. A cardio dance fitness workout designed to make you sweat with a smile.

✓ One **FitBox**
A live one. Stay light on your feet in this high energy, high impact boxing class. Bring your boxing gloves.

✓ One **Fusion**
Studio One's first ever combination/freestyle class. Utilising elements of barbell, bodyweight and boxing together for the ultimate body workout.

Body Attack
For everyone. From low impact options to high – expect running, jumping, lunges, push ups and squats.

Body Pump
The one with weights. The total body workout with light to moderate weights and loads of repetition proven to develop lean, athletic muscle.

Body Step
One up one down. Butt and thighs tone up with this full body cardio workout. See timetable for classic and athletic version.

CXWORX
The core one. CXWORX exercises muscles around your core. This one is all about technique to get the job done correctly.

Sh'Bam
The social one. Be part of our dance tribe and shape up with this simple and fun dance workout.

STUDIO 2

✓ One **Beats**
The one with the best beats. Our freestyle cycle class that uses music to create the best and most enjoyable workout you can have.

✓ One **Cycle**
Go up one gear! Our signature full body workout cycle class. We've added hand weights and core work to this 45 minute ride.

✓ One **Cycle Warrior**
A long one. It's amazing what an extra 15 minutes can do.

✓ One **30**
A fast one. Cycle workout with beats, intervals, results.

Group Ride
One for the team. Strengthen and tone your lower body, improve cardio fitness, burn calories and ride to the end!

RPM
One to burn. Pure cycling, burn calories and get fit fast.

STUDIO 3
Please bring your mat to all Studio 3 classes.

✓ One **Barre**
A total body workout fusion of pilates, ballet and fitness.

✓ One **Barre - Gentle**
The Gentle version of One Barre slowed down. Suitable for the beginner.

✓ One **Yoga**
One breath. Feel strong and empowered. Breath awareness and restorative postures, along with guided relaxation are combined in each session.

✓ One **Yoga - Broga**
Hot Yoga, one just for the Bro's. Increase your strength and stability. Learn how to relax, stop and make time for you.

✓ One **Yoga - Family***
One for the family. Calling all warriors, big and small. A fun yoga class with down dogs, lizards and more.

✓ One **Yoga - Gentle**
Be at one. Steady, gentle yoga class targeting healing and rejuvenation.

✓ One **Yoga - Hot**
The hot one. Bring the heat to your body. Be guided through a series of yoga postures in our heated 32 degree room.

✓ One **Meditation**
Take a moment to be at one with your mind as you are guided through a 30 minute meditation.

✓ One **Pilates**
One stretch more. The mind becomes calmer, the body stronger, be stable and more flexible in this low impact, effective workout.

✓ One **Pilates - Gentle**
Designed for beginners. Gentle exercise to restore posture and strengthen your core as well as increase flexibility, body awareness and motion.

Body Balance
A combined one. Be guided through a series of poses, stretches and moves combining yoga, tai chi and pilates into one strength and flexibility workout.

STUDIO 4

✓ One **Blast**
All rolled into one. No two sessions are ever the same. Workouts are guaranteed to get the heart pumping.

✓ One **Blast - Warrior**
One of a kind. Our tribe love to be challenged with this 90 minute blast class.

✓ One **Fit**
Make one count. Train differently and push your cardio fitness and fat burning capacity to the next level.

✓ One **Grom Fit**
The fun one. The place to have fun and get fit for kids aged 8 to 12. Grom Fit is aimed at improving confidence, skills, fitness, health and mindfulness.

✓ Mums and Bubs

One plus one. Build up your post baby strength, fitness and confidence. Bubs 6 to 12 months welcome. Bring your pram!

✓ **PINK**
One for the ladies. No competition, all motivation. A combination of circuit work, body weight and partner exercises. This class will help you build strength, confidence as well as help you lean out.

✓ One **Strong**
Lift one more. Tone up and build strength. Expect high reps.

✓ **Young at Heart**
A healthy one. Reverse the ageing process. with this full body functional workout catered to all fitness levels and abilities.

STUDIO 5 - H2O

✓ One **Actives - Aqua**
The party one. Simple, gentle, aerobics style class in the pool. Social and fun. Don't miss coffee after!

✓ One **Aqua**
The water one. Take your cardio workout to water. The resistance and support from the water provide an exciting way to feel alive in the pool.

✓ One **Aqua - Lite Pace**
A light one. Aqua aerobics at a much lighter pace. Perfect for rehab, improving joint mobility.

✓ One **Float**
One on the water. Warning you will get wet! This whole body workout is a fun, low impact, class. It's all on water! Burpee, lunge, squat, plank, salute the sun and more on the inflatable platform.

✓ **Hydro Rider**
One pedal at a time. Mix it up in this aqua and aqua cycle class, great muscle and joint support in the pool. Bring shoes for the pool.

TRADING HOURS

GROUP FITNESS TIMETABLE

175 CLASSES
5 STUDIOS



MON	TUE	WED	THU	FRI	SAT	SUN
5am 9pm	5am 9pm	5am 9pm	5am 9pm	5am 9pm	6am 6pm	8am 6pm

Public Holiday trading hours as per Sundays except Christmas Day and Good Friday when the centre is closed.

Find that **One** thing

find that **ONE** thing at



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Timetable effective 9 April, 2018



*Children under 13 must be accompanied by an adult.

