

Miss Motivator Health and Fitness Centre Class Timetable

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-------------------|---------------------|--------------------------|-----------------------|-------------------|--------------------------------|
| 5.50 AM | Circuit PLUS | Total Body | Circuit PLUS | Abs, Butts, Thighs | Functionally Fit | |
| 5:50 AM | Super Charge Me* | Motivate Me Outdoor | Motivate Me Strength* | Motivate Me Outdoor | | |
| 7:00 AM | | Functionally Fit 30 | | Functionally Fit 30 | | |
| 8:00 AM | Circuit PLUS | Walk It Out | Circuit PLUS | Circuit PLUS | Circuit PLUS | |
| 8:15 AM | | | | | | Functionally Fit Circuit 30 |
| 9:00 AM | Circuit PLUS | | Circuit PLUS | | | Zumba |
| 9:30 AM | | | Motivate Me Mums Outdoor | Motivate Me Strength* | Motivate Me Mums* | |
| 10:00 AM | | | | Golden Girls | | |
| 11:00 AM | Motivate Me Mums* | ONERO™ | | | | |
| 12:00PM | ONERO™ | | | ONERO™ | | |
| 1:00 PM | | | | ONERO™ | | |
| 4:15 PM | | Abs, Butts, Thighs | Total Body | Super Charge Me* | | |
| 5:00 PM | | | | Mat Pilates | | |
| 5:15 PM | Boxing | Yoga* | | | | |



*Studio - Requires booking// STUDIO located at 2 Blackbutt Road // OUTDOOR sessions at Oxley Beach

We have a range of classes to suit every woman at Miss Motivator. Whether you are looking to begin your fitness journey and enhance your health, improve your fitness at any age, get more flexible, improve muscle tone, lose weight or returning to exercises after a break - we've got you covered!

- Miss Motivator classes run anywhere between 30 and 60 minutes and differ in intensity depending on which class you attend.
- Our classes give you the opportunity to try something new or add variety to your workouts
- Classes provide a social element to your workout; this can help keep you motivated and keep you coming back and more likely to reach your health and fitness goals.
- Options are always provided to ensure you can exercise safely and at a level that suits you on the day.

Abs, Butts, Thighs

Moderate to high-intensity - 40 mins

Focus is on lower body and core conditioning and toning designed to build strength, and improve torso stability and posture.

Circuit PLUS

Moderate to high intensity - 30 mins

Suitable for all. This class incorporates our timed resistance machine circuit with the addition of cardiovascular, free weight and body weight exercises depending on the class you attend.

Golden Girls

Low intensity - 30 mins

A low impact, low-intensity class suited to joint protection and improving balance and mobility.

Motivate Me Outdoors

Moderate to high intensity - 45 mins

Get outdoors, get moving and have fun with friends! Sessions are designed to improve cardio performance while gaining whole-body strength and muscle tone. Suitable for all fitness levels - exercises can be tailored to meet all fitness and injury needs. Limited numbers for a personalised experience.

Motivate Me Mums - Studio / Outdoor

Low to moderate intensity - 45 - 60 mins

Low impact exercises to help Mums ease back into exercise, and regain core strength and fitness, conducted by a certified Mum Safe Trainer. Comfortable, safe, and welcoming environments for Mum and Bub! Limited numbers for a personalised experience.

Functionally Fit

Moderate to High intensity - 40 mins

A full body workout designed to improve muscle strength, flexibility and stamina using a variety of different equipment. Correct exercise technique that is suited to you is the focus of this session.

Functionally Fit Circuit 30

Moderate to high intensity - 30 mins

Suitable for all fitness levels. A full body circuit style workout. Offers an alternative to our machine based circuit.

Total Body

Moderate to high-intensity - 40 mins

A free style class using a combination of body weight and free weights for whole body conditioning.

Super Charge Me

Semi Private - 45 mins

A mix of strength and cardio training to really push you towards your goals.

Walk It Out

Low impact, low to moderate intensity - 30 mins

Moderate to fast walking intervals combined with cardio and bodyweight exercises. Targets the whole body: improves balance, mobility and will help you reach your daily step goal!

Onero

Low intensity - 45-60 mins

Onero™ is an evidence-based exercise programme designed specifically to prevent osteoporotic fracture by stimulating bone development and preventing falls in at-risk individuals. Conducted by Onero qualified instructors



GYM HOURS

Monday - Thursday

5.45am - 12.00 pm 3.00pm - 6.30pm

Friday

5.45am - 12.00 pm 3.00pm - 6.00pm

Saturday

8.00am - 11.00am



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MissMotivatorWomensWorkouts



miss_motivatorww

**** Fitness Passport = yellow classes only**