

# 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		
6:45 AM		Motivate Me Outdoor		Motivate Me Outdoor		
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*	Motivate Me Mums Outdoor	Motivate Me Strength*		
10:00 AM				Golden Girls		
10:30 AM		Super Charge Me*				
11:00 AM	Motivate Me Mums*	ONERO				
1:00 PM	Super Charge Me*			ONERO		
4:15 PM		Abs, Butts, Thighs	Total Body	Super Charge Me*		
5:15 PM	Boxing	Yoga*				
6:15 PM					Mindful Movement	



\*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**