Body Combat
Martial arts based workout that will bring out your inner warrior.

Body Pump
Full body workout lifting weights to music – this is the most popular class worldwide!

Body Step
The closest 'old school' aerobics style workout based around a step.

Body Step Athletic
Love Body Step and want more intensity? This is the class for you!

CXWorx
Short, sharp 30 minute workout that gets straight to your core.

RPM/Group Ride
A great way to build your fitness and burn calories whilst toning and shaping your legs.

R30
A low impact 30 minute cycle class alternative to RPM and Group Ride.

Body Blast
A constantly varied workout that will keep your body guessing and get results fast.

Suspension
Bodyweight suspended training using TRX that will give you great results and great ideas for your own personal workouts.

Fitbox
Fight your way into fitness. A conditioning workout with fun skills.

HIIT
Accelerate your fitness with High Intensity Interval Training for results that will translate into your everyday life.

Run Lite
Love to Run? A Class designed to improve your running times, technique, and keep you injury free.

KidFit
This program is specifically designed for children aged 9-14 years. Allow your kids to enjoy a variety of fitness styles. Suitable for all levels of fitness.

Zumba Party Night
Friday night is party night! Let's dim the lights, put the music up and dance the night away.

www.mingaraone.com.au

Trading Hours

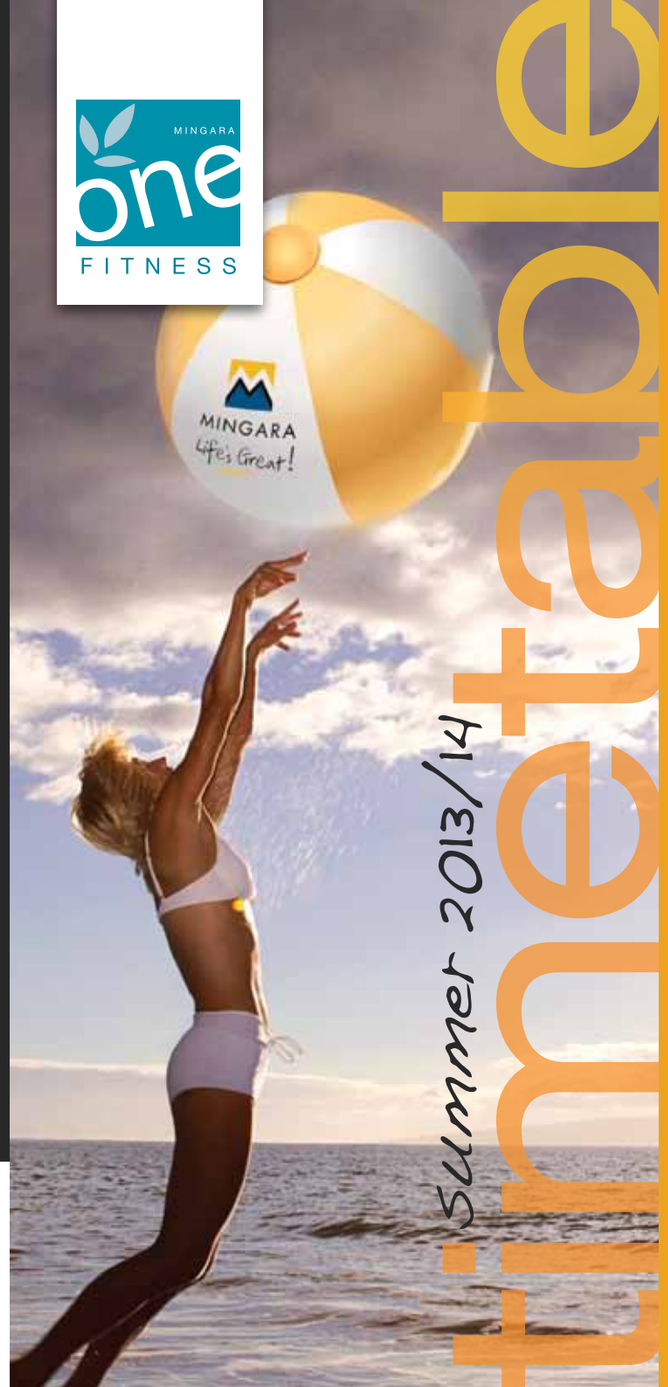
MON	TUE	WED	THU	FRI	SAT	SUN
5am 9pm	5am 9pm	5am 9pm	5am 9pm	5am 9pm	6am 6pm	8am 6pm

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

Feel Alive at Mingara One Fitness
Mingara Drive, PO Box 8003, Tumbi Umbi NSW 2261
Pacific Highway, Tuggerah NSW 2259
Ph: 4388 9202 Fax: 4349 7770 E: enquiries@mingaraone.com.au
www.mingaraone.com.au
facebook.com/mingaraone
instagram.com/mingaraone
twitter.com/mingaraclub

MINGARA one FITNESS

MINGARA Life's Great!



Our Classes

Active > 50's Aqua L1 & L2
A social, fun water workout offering 2 levels of ability. Don't forget to stay for a coffee afterwards! Run in conjunction with Central Coast Area of Health Service. ***A medical clearance is required before attending the class, which will need to be updated yearly.***

Aqua Box
A boxing inspired water workout that will leave you energised.

Aqua Circuit
A unique water based circuit class with great variety for a full body workout.

Aquacise
A water based aerobic class suitable for all. Pre and post mums welcome.

Hydro-Rider
Why walk on water, when you can ride on water… Exclusive to Mingara One Fitness. ***Aqua booties or old joggers must be worn.***

Hydro-Box
A unique combination of Hydro-Rider and Aqua Box designed to give your fitness a refresh. ***Aqua booties or old joggers must be worn.***

Lite Pace
A gentle aqua class suitable for rehabilitation, joint mobility and arthritis sufferers.

Active > 50's
Simple, gentle and fun aerobics class that will improve your quality of life. Run in conjunction with Central Coast Area of Health Service. ***A medical clearance is required before attending the class, which will need to be updated yearly.***

Yoga
Balance the body and mind in yoga. Let your body stretch and un-stress.

Pilates
Strengthen your core through a series of gentle movements in a relaxing environment. Not recommended whilst pregnant.

Body Attack
Gets you fitter, faster, stronger. Attack your fitness to build your peak.

Body Balance
A mind/body class that will improve your posture, flexibility and strength.

MINGARA one FITNESS

summer 2013

Group Fitness

60 Unless otherwise indicated

monday	tuesday	wednesday	thursday	friday	saturday	sunday
6am BodyPump	6am FitBox	6am BodyPump	6am BodyBlast	6am FitBox		
7am Suspension 30		7am FitBox 30			7.30am BodyPump	
	8.30am Active >50s	8.30am Active >50s		8.30am Active >50s	8.30am BodyAttack	
9am BodyPump			9am PumpStep Combo			9am FitBox
	9.30am BodyStep Athletic	9.30am BodyAttack		9.30am BodyStep	9.30am BodyStep Athletic	
10am BodyAttack			10am FitBox 30			10am BodyPump
	10.35am BodyPump	10.35am BodyBlast	10.30am Suspension 30	10.35am BodyPump		
11am Suspension 30						
12pm FitBox 30						
4.30pm BodyBlast	4.30pm PumpStep Combo	4.30pm BodyPump	4.30pm Suspension 30			
5.30pm BodyPump	5.30pm BodyAttack	5.30pm Body Combat	5.30pm BodyBlast	5.30pm BodyPump		
6.30pm BodyAttack	6.30pm BodyBlast	6.30pm Body Attack	6.30pm BodyPump	6.30pm Zumba Party Night		
	7.30pm FitBox					

Mind & Body

60 Unless otherwise indicated

monday	tuesday	wednesday	thursday	friday	saturday	sunday
					8.30am CXWorx 30	
		9am Yoga	9am CXWorx 30	9am CXWorx 30		
9.30am Body Balance	9.30am Pilates		9.30am Yoga	9.30am Pilates		
		10am Body Balance				10am Yoga 75
10.30am Pilates	10.30am Yoga 75			10.30am Body Balance	10.30am Body Balance	
11.30am Senior Strength		11.30am Senior Strength				
			4pm KidFit*			4pm Body Balance
			4.45pm KidFit*			
5.30pm Yoga		5.30pm Body Balance				
6.30pm CXWorx 30	6.30pm CXWorx 30	6.30pm CXWorx 30	6.30pm Yoga			
	7pm Body Balance					

Cycle

45 Unless otherwise indicated

monday	tuesday	wednesday	thursday	friday	saturday	sunday
6am RPM	6am GroupRide		6am RPM	6am GroupRide		
		6.30am R30 30				9am RPM
9.30am RPM	9.30am GroupRide	9.30am GroupRide	9.30am RPM	9.30am GroupRide	9.30am RPM	
					4pm GroupRide	
5.30pm RPM	5.30pm RPM	5.30pm Ride Marathon 90	5.30pm RPM	5.30pm GroupRide		
6.30pm R30 30						

Aqua Classes

45 Unless otherwise indicated

monday	tuesday	wednesday	thursday	friday	saturday	sunday
6am AquaBox	6am AquaCircuit	6am HydroRider	6am AquaCircuit	6am HydroBox		
					7am AquaBox	
8am Active >50s			8am Active >50s		8am HydroRider	
	9.30am HydroRider	9.30am HydroBox		9.30am HydroRider		
10.30am HydroRider			10.30am HydroRider			
1pm LitePace		1pm LitePace		1pm LitePace		
5.30pm HydroRider	5.30pm HydroBox	5.30pm HydroRider				
7pm Aquacise		7pm Aquacise		7pm AquaBox		

Outdoor

60 Unless otherwise indicated

monday	tuesday	wednesday	thursday	friday	saturday	sunday
5.30pm RunLite**						

AM class

PM class

30 Duration

** KidFit is only run during school terms.*

*** RunLite cancelled for Mondays 23 and 30 December and Monday 6 January.*