

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 Basics

The basic one. Learn how to lift, jump and improve the way your body moves when training.

✓ One Fit

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

✓ 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

The strong one. Increase strength and lean out. Learn how to lift for your body.

✓ 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

MON
5am
9pm

TUE
5am
9pm

WED
5am
9pm

THU
5am
9pm

FRI
5am
9pm

SAT
6am
6pm

SUN
8am
6pm

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

Timetable effective 31 October, 2018

find that **ONE** thing at

MINGARA
onefitness

mingaraone.com.au

12-14 Mingara Drive, Tumbi Umbi NSW, 2261

☎ 4349 7825

@ enquiries@mingaraone.com.au

📷 instagram.com/mingaraone

f facebook.com/mingaraone

MINGARA
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FIND THAT *One* THING



GROUP FITNESS TIMETABLE

180 CLASSES | 5 STUDIOS

*Children under 13 must be accompanied by an adult.

