



SMALL GROUP FITNESS

Get Fit
with Xic

Timetable

	MON	TUES	WED	THURS	FRID
6.30 am					
9.30 am					
10.00 am			Body		
10.30 am		FIT60+ Older Adults			
5.30 pm					



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Class Descriptions



STRONG

Duration: 40 minutes

Unleash your full potential with STRONG. This class is your affordable key to unlocking personal training benefits, tailored to fit your pace and progress every week. Dive into a diverse workout with dumbbells, barbells, kettlebells, and suspension trainers, all while we keep a close eye on your journey. We're not just here to supervise; we're here to guide, teach, and inspire. Let's focus on building strength, conditioning, and balance together. Your transformation starts now.



FIT

Duration: 35 minutes

Ignite your fitness journey like never before with FIT! This high-intensity, pulse-pounding class is all about maximising your potential in just 35 minutes. With FIT, you're not just working out, you're supercharging your body for a 24-hour calorie burn. Push beyond limits and feel unstoppable!



PUNCH

Duration: 35 minutes

Get ready to unleash your power with PUNCH! This 35-minute class isn't just a workout; it's a journey to discovering your strength, both physically and mentally. Dive into a variety of punches and combos that will keep your heart racing, muscles pumping, and reflexes lightning-fast. It's more than just a workout—it's a full-body experience that sharpens the mind and boosts your cardio and muscle strength. Join PUNCH and transform your fitness game!



POWER

Duration: 35 minutes

Unleash your strength, burn through calories, and capture your power with our dynamic metabolic circuit. Dive into a world of medicine balls, kettlebells, and bands, where every movement is a step towards your fiercest self.

SPECIALISED FITNESS

Class Descriptions

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FIT60+

Duration: 45 minutes

Our Fit60+ class is designed specifically for older adults. This class focuses on building strength, improving flexibility, and boosting overall fitness in a supportive and friendly environment. Whether you're looking to stay active, manage post-menopause symptoms, or just feel more confident in your own skin, Fit60+ is perfect for you. Let's work together to embrace a healthier, stronger you!

Fit Mum

Duration: 45 minutes

Join Nic, your certified MumSafe™ instructor, for our postnatal exercise program. We emphasize core and pelvic floor muscle development, strength training, flexibility, stress relief, balance, and stability to support post-birth recovery. This personalized program focuses on strengthening from within to improve both physical and mental well-being. Connect with other local mums and babies to build a supportive community. Before starting the program, a thorough assessment is conducted to ensure you are ready to resume exercising. Nic collaborates with a local Pelvic Floor Physiotherapist to provide you with safe and effective guidance.