



RPM/ SPIN

Is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training .



BODY BALANCE

Is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered & calm. Body Balance brings mind & body into perfect harmony.



BODY PUMP

Is the original barbell class that strengthens your entire body. Fastest way to tone & condition muscles.



BODY STEP

Is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step. A high energy cardio blast which tones the hips and thighs.



BODY ATTACK

Is the sports-inspired high energy, calorie burning cardio workout. Which will push you past the limit, with strong, simple moves and pumping music.



BODY COMBAT

Body Combat is the energetic non-combat program which is inspired by martial arts with moves from Karate, Taekwando, Kick boxing, Maui thai and Tai chi.

Awesome cardio workout where you strike, punch, kick and kata your way through calories !



YOGA

Yoga will tone your body, improve your flexibility and promote overall general wellbeing.

Let us help you take your body, mind and soul into new dimensions with the simple practice of Asanas, Breath-work and Meditation.

One of the advantages of having a membership with Inspired Life is the range of Group Training Programs available.

If you are trying a Program for the first time:

- Arrive 5 minutes early
- If you have any injuries / medical conditions that may affect your ability to exercise safely let the Instructor know.
- Listen carefully to instructions.
- Don't be embarrassed to use the alternative exercise shown that is appropriate to your fitness level as the classes cater for beginners.

Please arrive before the Program starts and stay for the duration. Doing so ensures you are able to perform the necessary warm ups and that no disruption occurs.

General Information

- Membership cards are compulsory. We require it for identification, customer service, administration purposes and in case of emergency.
- Training towels are compulsory in all areas of the gym for hygiene purposes. (Please place on the equipment itself.) If you forget to bring your towel, you may hire one at reception for \$2.
- Please wear an Anti-perspirant deodorant.
- Please make sure you shower before entering the Pool, Spa or Steam-room.
- Drink water before, during & after training. There are water fountains inside the gym & drink fridge at Reception.

WANT FREE TIME?

Invite your friend for a free class. If they like it and join you get **4 WEEKS FREE** added to your membership.



Inspired Life Kalgoorlie Group Training Programs

OPENING HOURS

Monday -Thursday: 5.00am –10pm
 Friday: 5.00am –9pm
 Saturday & Sunday: 8am –6pm
 Public Holidays: Varied

CRECHE HOURS


Morning: Mon - Sat: 9am -12pm
 Evening: Mon - Thu: 5.15pm - 7.45pm
 Public Holidays - No Creche

Phone: (08) 9091 3392

Cnr Lionel St & Holmes St

www.inspiredlife.net.au
facebook.com/inspiredlifekalgoorlie

GROUP TRAINING PROGRAM TIMETABLE

Effective 9 Jan 2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45AM	RPM Andrea	BODY PUMP Denise	RPM Andrea	BODY PUMP Colleen	RPM Maja		
8.30AM						BODY ATTACK Donna	
9.30AM	BODY PUMP Denise	BODY STEP Melinda	*BODY COMBAT Donna	BODY ATTACK Denise	BODY BALANCE Laryssa	BODY PUMP Donna	
			RPM Dot				
10.30AM	RPM Chantelle	BODY BALANCE From 24th Jan					
11.00AM							BODY PUMP Colleen/Kaye
3.00PM						YOGA 1.5HRs Hayley	
4.00PM							BODY BALANCE From 29th Jan
5.30PM	BODY ATTACK Ashley	BODY STEP Denise/Anna	BODY ATTACK Donna	*BODY COMBAT Donna	*Please note new changes to time table		
	RPM Andrea		RPM Kaye				
6.30PM	BODY BALANCE Maja	BODY PUMP Denise	*BODY PUMP Donna	BODY BALANCE Kaye	(Note: 2 classes listed in one time- frame means they are run simultane- ously.)		
						9091 3392	