

Renouf Personal Training



GROUP TRAINING TIMETABLE

ALL GROUP TRAINING SESSIONS ARE LIMITED TO 12 TO 15 PARTICIPANTS TO ENSURE THE BEST INSTRUCTION AND RESULTS FOR EACH CLIENT. ALL CLASSES GO FOR 50 MINS TO ONE HOUR. BOOKINGS REQUIRED. THIS TIMETABLE HAS BEEN DESIGNED TO SATISFY ALL ELEMENTS OF FITNESS INCLUDING STRENGTH, ENDURANCE, FLEXIBILITY, AGILITY, SPEED AND CO-ORDINATION. A BALANCED BODY AND GOOD FITNESS CAN BE ACHIEVED BY PARTICIPATING IN TWO TO THREE CLASSES PER WEEK. CRÈCHE IS OPEN DAILY FROM 9AM TO 12PM. EFFECTIVE AS OF 1 JULY 2011. TIMETABLE SUBJECT TO CHANGE.

COTTESLOE 2011

what the mind can conceive the body can achieve

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0600 INDOOR OPTION: OUTDOOR OPTION:	OPEN CORE FORCE LEGS & LUNGS	OPEN MIXED CIRCUIT	OPEN BOXING CIRCUIT 60 / 40	OPEN MIXED CIRCUIT LEGS & LUNGS	OPEN YOGA		
0700						OPEN	
0730 INDOOR OPTION:						BOXING CIRCUIT	
0800							OPEN
0830 INDOOR OPTION:						BALANCE (MIND & MOVEMENT)	60 / 40
0915 INDOOR OPTION:	MIXED CIRCUIT	CORE FORCE	60 / 40	MIXED CIRCUIT	CORE FORCE		
1030							CLOSED
1215 INDOOR OPTION:		EXPRESS CIRCUIT		EXPRESS CIRCUIT		CLOSED	
1400	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
1600	OPEN	OPEN	OPEN		OPEN		
1600				JUNIOR DEV.			
1800 INDOOR OPTION:			MIXED CIRCUIT				
2000	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

BEACH CIRCUIT

This is the best outdoor beach session on offer in Perth! It offers a range of exercises and intensity, it is fun, challenging and the trainer sets some addictive goals! Suits all levels of fitness. Not ideal for those with knee injuries.

MIXED CIRCUIT

This class is designed to challenge and reward with a firm body, improved posture and a disciplined mind. Suitable for all fitness levels.

EXPRESS CIRCUIT

A tough effective 45 minute session ideal for the efficient persons lunch break! Great content and results all round from this session. Suitable all fitness levels.

BOXING CIRCUIT

If you are looking to get fit and work on your upper body strength and condition then this is the class for you. Beginners to advanced welcome.

YOGA

The Power Posture sequence is a selection of postures taken from yoga. The sequence includes ten powerful and effective postures that will work all the muscles in the body, with special consideration to building core strength and improving overall flexibility. These postures will challenge the most seasoned urban athlete but also provide a gentle introduction to those just starting out.

LEGS & LUNGS BEACH & RIVER CIRCUITS

The ultimate in outdoor training with the best of both worlds - river and sea. Great for increasing fitness and the only way to get complete leg conditioning for summer. Above average fitness required.

CORE FORCE

Focusing on core and pelvic floor strength, trunk stability and hip mobility this class is for those who are serious about getting a flat stomach and reducing lower back pain.

60/40

This session is based on the latest research that has proven a unique method of cardiovascular training causes 3 times as much weight loss as conventional methods. Ideal for those who aren't great at running, but want to lose weight.

BALANCE (MIND & MOVEMENT)

This class will teach you the benefits of technically correct training. Expect an increase and improvement in your strength, muscle tone and posture after the first session. This session focuses on stretch, core work and postural strengthening.

JUNIOR DEVELOPMENT

Children's fun and fitness physical development group class. Run for the duration of each school term. More details available at reception.

ALL GROUP TRAINING SESSIONS ARE FREE FOR MEMBERS. BRING A FRIEND FOR A FREE FIRST GROUP TRAINING SESSION.

APPLECROSS
9316 2332

COTTESLOE
9383 2555

DUNCRAIG
9447 0452

SOUTH PERTH
9367 3880

RENOUF PERSONAL TRAINERS ACADEMY
9367 3880

FOR MORE GREAT FITNESS IDEAS, QUICK RESULTS PROGRAMS AND INDIVIDUAL SUPPORT CONTACT US:

RENOUF PERSONAL TRAINING

561 STIRLING HWY COTTESLOE WA 6011

P (08) 9383 2555

www.renouf.com.au