

GROUP FITNESS LIVE ONLINE TIMETABLE

Peak Fitness and Health has a class for all your goals – strength, toning, cardio, flexibility and mobility, children, 50+. You name it – we’ve got it!

All Classes are adaptable to suit your ability and requirements. Please ensure you notify your instructor if you have any injuries, aches or pains or are pregnant.

Phone 027 672 2984

www.peakfitnessandhealth.co.nz info@peakfitnessandhealth.co.nz



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	PEAK STRENGTH 6:30 – 7:00am	PEAK CARDIO 6:30 – 7:00am	PEAK STRENGTH 6:30 – 7:00am	PEAK CARDIO 6:30 – 7:00am		
PEAK FAMILY 3:30 – 4:00pm		PEAK FAMILY 3:30 – 4:00pm				
PEAK MOVEMENT 6:30 – 7:00pm		PEAK MOVEMENT 6:30 – 7:00pm				

PEAK STRENGTH Functional cross training workout that focuses on building strength, core and getting big results fast! No complicated movements, only simple functional exercises. A fun and challenging class to challenge the status quo of conventional training!

PEAK CARDIO Take your cardio fitness to the next level and burn calories fast! Interval training at is best with simple functional exercises! A fun class that will have you smiling and breathing!

PEAK MOVEMENT Improve your mobility, flexibility and range of motion. Learn how to use breath control to relax body and mind. This class will help keep your body in good alignment, manage those little niggles, prevent injuries and keep on top of stress!

PEAK FAMILY Bring the kids for some fun, games and activity for the whole family.

* No equipment required for any class.