



planet fitness tamworth

FREE FITNESS CLASSES FOR ALL MEMBERS!

| TIME | MON | TUES | WED | THURS | FRI |
|---------|-----------------|-----------------|----------------|-----------------|-----------------|
| 5.15am | PF 360 Strength | PF 360 Burn | | | PF 360 Strength |
| 6.00am | Lower Body | Upper Body | | | PF 360 Burn |
| 6.45am | | Lower Body | | | |
| 7.30am | | Program Design | | | |
| 8.15am | | PF 360 Strength | | | |
| 9.00am | Program Design | Stretch | | | Program Design |
| 9.45am | Program Design | | | | Upper Body |
| 10.30am | Circuit | Program Design | | | Lower Body |
| 11.15am | Core | TRX | | | TRX |
| 12.00pm | PF 360 Burn | | Circuit | Upper Body | Stretch |
| 12.45pm | PF 360 Strength | | Program Design | Program Design | Program Design |
| 1.30pm | | | Upper Body | PF 360 Burn | |
| 2.15pm | | | Lower Body | Stretch | |
| 3.00pm | | | | | |
| 3.45pm | | | TRX | Core | |
| 4.30pm | | | Core | Circuit | |
| 5.15pm | | | Program Design | PF 360 Strength | |
| 6.00pm | | | PF 360 Burn | Program Design | |

PROGRAM DESIGN
Have our trainer design a workout tailored to your fitness goals.

PF 360 STRENGTH
Build your strength and power in this fun-filled workout.

PF 360 BURN
Get your heart rate up in this cardio-focused session.

CIRCUIT
We'll take you through a fast, effective, full-body workout.

STRETCH
Start the recovery process and enhance your flexibility with this relaxing post-workout session.

CORE
This session will help tighten and tone your abdominals, obliques, and lower back.

LOWER BODY
Build leg strength and improve function with this ever changing lower body class.

UPPER BODY
Push and pull your way to increased upper body strength with this ever changing muscle class.

TRX
Whole body suspension training based solely on the TRX to increase mobility and strength.

Subject to changes. Available at Tamworth only.