



# planet fitness tamworth

## FREE FITNESS CLASSES FOR ALL MEMBERS!

TIME	MON	TUES	WED	THURS	FRI
6.00 - 6.45am	PF Strength	PF Burn			PF Burn
7.00 - 7.45am	PF Burn	Circuit			PF Flow
8.00 - 8.45am		PF Strength			
9.30 - 10.15am	Program Design	PF Flow			Circuit
10.30 - 11.15am	Circuit	Program Design			Core & Stretch
11.30 - 12.15pm	Core & Stretch	Over 50s			PF Strength
12.30 - 1.15pm	Program Design		Circuit	Circuit	Program Design
1.30 - 2.15pm			Core & Stretch	Program Design	
2.30 - 3.15pm			Program Design	Over 50s	
3.00 - 3.45pm					
4.15 - 5.00pm			PF Flow	Circuit	
5.15 - 6.00pm			Circuit	PF Strength	
6.15 - 7.00pm			Program Design	PF Flow	

### PROGRAM DESIGN

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

### PF STRENGTH

PF Strength is designed to tone, shape and strengthen your muscles. This class is designed to teach you how to use our equipment on the gym floor using the correct form, while strengthening your body.

### PF BURNER

Get your heart rate up! This class focuses on cardiovascular conditioning to tone your entire body and promote fat burning.

### CIRCUIT

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

### CORE & STRETCH

Begin with core work to help tighten and tone your abdominals, obliques, and lower back. Then, start the recovery process and enhance your flexibility with some stretch work

### OVER 50s

This class is programmed around full body movement to keep our bones fit and healthy and prevent chronic injuries and diseases. The movements will focus on balance, strength training, mobility, balance and using the correct form.

### PF FLOW

Enhance your core stability and overall wellbeing. Incorporating stretches to enhance your mobility and flexibility with flowing yoga & mat Pilates.

Subject to changes.  
Available at Tamworth only.