

SoFit

Small Group Training
with Big Results

● **STUDIO Classes**
● **Functional Zone Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	● SoSTRONG 6:15am (30mins) Deb	● METAFIT 6:15am (30mins) Deb	● SoBOX 6:15am (30mins) Deb		
● SoPILATES 7:00am (60mins) Shalini	● SoBARRE 7:00am (60mins) Felicity	● SoPILATES 7:00am (60mins) Lalia		● SoFLOW 8:00am (60mins) Lucia	● SoBARRE 8:00am (60mins) Helen
● SoHIIT 9:30am (30mins) Jono	● SoSPIN 9:30am (45mins) Andy	● SoBOX 9:30am (30mins) Deb	● SoBARRE BLAST 9:30am (30mins) Shalini	● SoSPIN 9:30am (45mins) Andy	● SoHIIT 9:00am (30mins) Lucy
● MOVE 2 IMPROVE 10:00am (60mins) Lucy		● MOVE 2 IMPROVE 10:00am (60mins) Lucy	● SoFLOW 10:00am (60mins) Shalini	● MOVE 2 IMPROVE Lucy 10:00am (60mins)	
● AB BLAST 12:00pm (15mins) Jess	● SoSTRONG 12:00pm (30mins) Jess	● SoBARRE 12:00pm (60mins) Felicity	● SoSPIN 12:00pm (30mins) Jess	● AB BLAST 12:00pm (15mins) Deb	
● METAFIT 6:00pm (30mins) Deb	● SoBOX 6:00pm (30mins) Jess	● SoHIIT 6:00pm (30mins) Lucy	● SoSTRONG 6:00pm (30mins) Jess		
● SoBARRE 6:45pm (60mins) Felicity		● SoYOGA 6:45pm (60mins) Kate	● AB BLAST 6:45pm (15mins) Jess		

Updated: March 2019

Bookings

Visit www.thetoorakclub.com.au | see staff for more details

Class Description

AB BLAST: Hit those abs in 15 minutes, with a series of core and abdominal exercises. Perfect for before or after your workout when needing a little push to work your core.

METAFIT: Time Poor? This is an intense workout in under 30 minutes. Bodyweight-only, a high intensity interval training workout sure to get your heart racing.

MOVE TO IMPROVE: A balance, coordination, dance and strength-based group workout. 50+.

SoBARRE: Straight from London, a ballet-Pilates fusion class. Designed to strengthen, tone and stretch muscles. An elegant class that you will feel the next day.

SoBOX: Get your heart pumping with this sport specific group training. Combining boxing combinations and drills. No partner needed just come and meet the gang.

SoFLOW: Slow Flow Yoga, the perfect class for beginners. Move slowly and mindfully between poses. This class links movement and breath together in a dance-like way.

SoHIIT: Cardio focused high intensity interval training, aimed at maintaining your lean muscle and improving cardiovascular endurance.

SoPILATES: Lengthen, tone and stretch your entire body whilst working on your core strength. Endurance movements that emphasise the abdominals, the lower back, the hips, and thighs.

SoSPIN: Jump on your racing bike, for a low impact session that improves cardiovascular endurance and stamina.

SoSTRONG: A whole body resistance inspired class, targeting all your major muscle groups to build muscle and improve strength.

SoYOGA: A dynamic practice combining movement and breath. This is a fast-paced series of postures or asanas that focuses on the flow between movements, rather than individual poses.