



Upstairs @PlusRehab
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Studio Timetable
 as from 29 April 2019

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
6am		Gravity Express	Gravity Yogalates	Gravity Express	Gravity Strength		
8.30am	Gravity Strength	Activate	Gravity Yogalates	Gravity Strength	Nordic Walking Beginners (expressions of interest)		
9am							Gravity Yogalates
9.30am	Gravity Strength	Gravity Mums (expressions of interest)		Gravity Strength			
11am	Box 'n' Balance			Box 'n' Balance			
4pm				Activate			
5.30	Gravity Yogalates	BoxFit HIIT	Gravity Yogalates	Activate or Gravity (expressions of interest)			
6.30pm	Release foam rolling (fortnightly)	Cycling Strength & Core		Cycling Strength & Core			

	Seniors Strength & Balance Classes
	45 minute classes – Gravity Yogalates
	45 minute classes – Gravity Strength
	45 minute classes – Gravity Express
	45 minute class – Nordic Walking Beginners
	60 minute classes - general

Studio Services

- **One-on-one Personal Training**

Ideal for those who have special needs, want quick results or need their training to fit around their busy lifestyle. Ideal for rehabilitation and pain relief. We recommend that all new clients book a 2-session introductory package. You can choose from 30, 45 or 60 minute sessions – depending on your needs and budget. Maybe that's enough for you or you can continue with more personal sessions or a group class.

- **Group Personal Training Classes**

The benefits of personal training without the cost! We offer a range of classes to suit your time, budget or exercise demands. And you'll get the additional advantage of group dynamics with extra fun and support!

45 Minute Group Classes

- **Gravity Yoyalates** – limited to 5 per class – Yoga/Pilates/Thai Chi combo with attitude! Like a Body Balance class but on Total Gym incline gravity machine. Feel the glideboard and your body weight take you further and deeper to intensify your stretches, strength and balance.
- **Gravity Strength** – limited to 5 per class – Varied and progressive workouts on the famous Total Gym incline bodyweight training system. This class is great if you're looking for strength and toning and so much more fun than weights and single exercise machines.
- **Gravity Express** – limited to 8 per class – featuring a combination of the Total Gym, light weight and body weight exercises using interval training or tabata to get the heart rate up and increase your calorie burning potential!

60 Minute Group Classes

- **Boxfit** – limited to 10 per class - an exercise class that has it all – gravity machines, boxing and floor work for those wanting to perfect their exercise and movement techniques, strengthen and tone their muscles and get their heart rate up. Just the best for toning tummy, butt and upper body and feeling energised and exhilarated.
- **Release** – limited to 8 per class – this is a foam rolling class being offered once a fortnight. Use your Super Pass to book in or request a casual booking. This is self-massage for your whole body to relieve pain and stiffness and get yourself super relaxed and feeling wonderful. If you're new to foam rolling, we recommend booking one or two personal sessions to get you started.
- **BoxNBalance** – a SuperCue and Counterpunch Parkinsons combo class - limited to 10 per class - This fun session combining the stretching, strengthening, balance of the highly innovative SuperCue exercises and choreography, together with the power and cardio of a Counterpunch Parkinson's class. It incorporates bar and floor exercises, and boxing with pads and is part of the ACC Live Stronger for Longer program.
- **Activate** – a SuperCue class – limited to 10 per class – a fresh, fun and effective strength and balance class delivered using the highly innovate SuperCue exercises and choreography. It caters for seated, standing or active participants and uses a barre, resistance bands and dumbbells. Specifically designed to address the challenges of aging or existing health conditions, this is a new movement to music class introducing “super cueing” for optimal body awareness, posture and movement. Part of the ACC Live Stronger for Longer program.
- **Nordic Walking Club** – meet at Park Island or other locations - A walking group using Nordic Walking poles to take pressure off your joints, improve stability, posture and so much more! Weekly walks plus monthly training sessions. This class is ideal for rehabilitation (hip/knee replacements, strokes, Parkinsons etc) and those looking to improve their walking fitness and endurance.
- **TC Cycle Strength & Stretch** – if you're wanting to get serious about your cycling or take yourself to the next level, give Ivar Hopman a call to see if this is right for you.