



Upstairs@PlusRehab
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Personal Training - Group Fitness - Cycling Coaching – Nutrition
Timetable as from 23rd July 2018

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
6am			Gravity Yogalates		Gravity Strength		
6.15am		Gravity Express		Gravity Express			
8.30am	Gravity Strength	Gravity Strength	Gravity Yogalates	Gravity Strength			
9am			Gravity Yogalates 9.20pm		Seniors Nordic Walking		Gravity Yogalates
9.30am	Gravity Strength			Gravity Strength			
11am	Box 'n' Balance	Box 'n' Balance		Box 'n' Balance			
12.15pm		Redefine Circuit		Redefine Circuit			
4pm				Activate			
4.45pm- 6pm	TC Cycle Strength (offsite)						
5.30		BoxFit HIIT	Gravity Yogalates				
6pm	Gravity Men			TC Cycle			
6.30pm		Release (fortnightly)					

	Specialist Cycling Training Exercise Group
	Seniors Strength & Balance Classes
	45 minute classes – general
	30 minute classes – general
	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!

30 Minute Group Classes

- **Gravity Express** – limited to 5 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! A great workout for those pushed for time wanting a short sharp workout with the personal attention of a small group.
- **Redefine Circuit** – limited to 10 per class – a medium to high intensity circuit training class using your own body weight, kettlebells, resistance bands, free weights and more. Instructor led exercise modifications makes this workout safe and effective for all fitness levels. Bring a positive attitude and prepare to sweat! Great for those short on time wanting a quick effective workout.

45 Minute Group Classes

- **Gravity Yogalates** – 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.

60 Minute Group Classes

- **Gravity Men** -limited to 5 per class – a little more challenging and faster paced than Gravity Strength, specially aimed at the guys!
- **Boxfit combo** – 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 6 per class – this is a foam rolling class being offered once a fortnight and only available by 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.
- **Box 'n Balance** – limited to 10 per class - An exercise class incorporating bar and floor exercises, and boxing using gloves and pads. While this class was originally for people with Parkinsons, it has developed to include all seniors. This is a fun session of stretching, strengthening, balance and control as well as a cardio workout that can be as intense as you choose to make it. It is part of the ACC Live Stronger for Longer program.
- **Activate** – limited to 10 per class – bar and floor exercises specially designed for seniors or those looking to develop confidence in their posture, stability, strength 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.