



# Group Fitness

## SCHEDULE

→ SUMMER → 2026

MON	9:30AM - YOGA 6:15PM - BOXFIT
TUES	5:45AM - HYBRIDFIT 5:15PM - ACTIVE MOBILITY
WED	9:30AM - STRENGTH 6:15PM - HYBRIDFIT
THURS	5:45AM - BAR STRENGTH 5:15PM - BAR STRENGTH
FRI	9:30AM - BOXFIT
SAT	7:15AM - LOWER BODY BURN 8AM - HYBRIDFIT

PLEASE NOTE: TO ATTEND THIS CLASS DOWNLOAD  
MINDBODY APP WITH SOL STRENGTH AND BOOK IN  
THROUGH THERE.

# Group Fitness

## DESCRIPTION

### YOGA

A slow paced, restorative class, focused on being long - held poses to release deep connective tissues, encourages stillness, circulation and flexibility. It's a meditative, low impact practise suitable for all fitness levels.

### BOXFIT

A moderate to high intensity boxing workout, focusing on striking technique, coordination, cardiovascular and muscle endurance. This non - contact style workout includes pad work, body weight exercises and is suitable for all fitness levels.

### HYBRIDFIT

A class that combines different training methods. Blending both cardiovascular endurance and resistance training for a well rounded workout. It assists in muscle shaping and improving overall stamina in a circuit style format. Suitable for all fitness levels.

### ACTIVE MOBILITY

A stretching focused class aiming to create a greater joint range of motion and freedom of movement. This improves circulation, decrease risk of injury and reduce muscle tension and soreness, aids to improve posture and movement efficiency. Suitable for all fitness levels.

### STRENGTH

Our signature class! Fun and functional, this workout helps shape and fine tune major muscle groups for strength and total body conditioning. It includes free weights, pin loaded and plate loaded machines. Suitable for all fitness levels.

### BAR STRENGTH

A barbell class using light to moderate weights with high repetitions for lean muscle, endurance and metabolism boost. It's a full body strength class designed for all fitness levels

### LOWER BODY BURN

We have teamed up with Sol Strength in Richmond to give our members this lower body and core focused class designed to fire up your glutes, legs and abs. It includes the use of dumbbells, sliders, bands and ankle weights, whilst in a infrared heated room to add further conditioning. Suitable for all fitness levels.

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