

FEBRUARY 2020

# GYM TONIC

## NEWSLETTER

### REMINDERS

- Strength with Trent is now on every Tuesday night at 5.30pm. This is a 45 minute class run in the Functional Training Zone.
- Please ensure you are arriving to all classes at least 5 minutes early, late comers may be refused entry.

### FUNCTIONAL TRAINING CLASSES

Our Functional HIIT and Functional Strength Classes are becoming popular! As a result, these classes are quite busy. Your safety is our main priority, therefore some of our instructors will be capping these classes at a certain number. Please check with your instructor if this applies to your class.

### GYM TONIC TRIATHLON

For the month of March we will be running a 'Triathlon' that consists of a Row, Ride and Walk / Run.

Level 1: 500m Row, 3km Ride, 1.5km Walk or Run

Level 2: 1km Row, 6km Ride, 3km Run

Prizes for both levels

1<sup>st</sup> Place – 3 Week Membership OR 3 PT's

2<sup>nd</sup> Place – 2 Week Membership OR 2 PT's

How to enter?

Simply start the timer at the rower prior to starting and stop the timer at the end of the walk / run. Show front desk your time and get your name added to the leader board.



Good luck!

### STEP CLASSES

Step Classes at Gym Tonic are a favourite!

We want to put on a new timeslot for a 'Beginners' Step Class - Wednesday's @ 5.30pm for 45 minutes.

Register your interest at front desk.

### NEW CLASS – Trial Run ONLY

#### Booty Builder

Monday's @ 9.15am (starting Monday 30<sup>th</sup> of March)

Location: Group Fitness Studio

Class Length: 45 minutes

The class will start off focusing on mind to muscle connection and activation of the glutes. The exercises will then move to compound and functional movements. Core exercises will also be incorporated into the class.

This class is suitable for Beginners to Advanced.

If you have a fabric resistance band please bring this along. Alternatively, the gym has rubber resistance bands.