

HBF Arena Group Fitness Mind and body

Unite your mind, body and spirit at HBF Arena with our classes focused on flexibility, core strength and balance.

Morning classes

- Teen Fit friendly classes

Monday 2/8	Tuesday 3/8	Wednesday 4/8	Thursday 5/8	Friday 6/8	Saturday 7/8	Sunday 8/8
10:30am - 11:25am BODYBALANCE Wellness Studio	10:00am - 10:55am Yoga Wellness Studio	10:30am - 11:25am Pilates Wellness Studio	10:30am - 11:25am BODYBALANCE Wellness Studio	10:30am - 11:25am BODYBALANCE Wellness Studio	8:00am - 8:55am Intermediate Pilates Wellness Studio	11:00am - 11:55am Yin Yoga Wellness Studio
	11:00am - 11:55am PILATES Wellness Studio		11:30am - 12:25pm Yoga Wellness Studio		9:00am - 9:55am PILATES Wellness Studio	
					10:00am - 10:55am Pilates Wellness Studio	
					10:30am - 11:25am BODYBALANCE Group X Room	
					11:00am - 11:55am Yoga Wellness Studio	

Afternoon / Evening classes

- Teen Fit friendly classes

Monday 2/8	Tuesday 3/8	Wednesday 4/8	Thursday 5/8	Friday 6/8	Saturday 7/8	Sunday 8/8
5:30pm - 6:25pm Yoga Wellness Studio	6:30pm - 7:25pm Yoga Wellness Studio	5:00pm - 5:55pm Pilates Wellness Studio	5:30pm - 6:25pm Yoga Wellness Studio			
6:30pm - 7:25pm BODYBALANCE Wellness Studio	7:30pm - 8:25pm Yin Yoga Wellness Studio	7:30pm - 8:25pm BODYBALANCE Wellness Studio	6:30pm - 7:25pm Mindful Yin Wellness Studio			
7:30pm - 8:25pm Yin Yoga Wellness Studio						

Better Balance

Better Balance is designed to build better balance and strength (for life) and to challenge your

balance.

It combines specific balance exercises to create better stability through the joints and strength exercises targeting the muscles required to regain and maintain a full quality of life. Participants will learn to connect their minds with their muscles - underrated but most important! Classes will be run by HBF Arena Gym's Lesley Gleeson who has extensive experience in this area.

Who is this class for?

- The class is aimed primarily at improving the balance of our senior members and patrons
- It is suitable for all fitness levels - exercises can be performed seated or the intensity increased to challenge participants.

BODYBALANCE™

This class is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

Mindful Yin Meditation

The ultimate combination of mind and body practice to leave you feeling relaxed and re-energised.

The mind and body will be guided into a more meditative state beginning with a small yin yoga practice, that focuses on deep stretching of connective tissue. The use of yoga props will allow the body and mind to relax and prepare for the guided meditation to follow. Meditation is effective in short term stress reduction and long term health benefits. Music may be used throughout the guided meditation class.

For comfort a blanket, pillow and yoga mat are recommended.

Pilates Matwork

Focuses on the core postural muscles which help keep the body balanced and provide support for the spine. Pilates exercises teach awareness of breath, alignment of the spine and aim to strengthen the deep torso muscles.

Vinyasa Flow Yoga

A flowing style of Yoga where each movement is synchronized to a breath connecting the breathing to each pose. Saturdays 6.00am – 7.00am

Yoga

Comprises of rhythmic sequenced postures, static postures, breathing and meditation. Among the other many benefits classes are designed to increase stamina, strength and flexibility. Available in 60 and 90

minutes formats.

Yin Yoga

A meditative yoga that aims to activate awareness of inner silence. Yin focuses on stretching the deep connective tissue in the joints and lengthening the time spent in each pose.