

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

- Fit Club friendly classes

Monday 17/2	Tuesday 18/2	Wednesday 19/2	Thursday 20/2	Friday 21/2	Saturday 22/2	Sunday 23/2
10:30am - 11:30am BODYBALANCE Group X Room	10:00am - 11:00am Get Active Yoga Function Room	11:40am - 12:40pm Beg/Int Pilates Group X Room	10:30am - 11:30am BODYBALANCE Group X Room	11:40am - 12:40pm BODYBALANCE Group X Room	8:00am - 9:00am Intermediate Pilates Winners Club	11:15am - 12:15pm Yin Yoga Group X room
	11:40am - 12:40pm Beg/Int Yoga Group X Room				9:00am - 10:00am Beginner Pilates Winners Club	
					10:00am - 11:00am Beginner Pilates Winners Club	
					10:30am - 11:30am BODYBALANCE Group X Room	
					11:00am - 12:00pm Intermediate Yoga Winners Club	

Afternoon / Evening classes

- Fit Club friendly classes

Monday 17/2	Tuesday 18/2	Wednesday 19/2	Thursday 20/2	Friday 21/2	Saturday 22/2	Sunday 23/2
5:00pm - 6:00pm Yoga Winners Club	5:30pm - 6:30pm Beginners Yoga Winners Club	5:30pm - 6:30pm Beginner Pilates Winners Club	5:30pm - 6:30pm Beginners Yoga Winners Club	12:40pm - 1:40pm Beg/Int Yoga Group X Room		
6:00pm - 7:00pm Yoga Winners Club	6:30pm - 7:30pm Intermediate Yoga Winners Club	6:30pm - 7:30pm Beginner/Intermediate Winners Club	6:30pm - 7:30pm Intermediate Yoga Winners Club			
7:00pm - 7:45pm Tai Chi Function Room	7:40pm - 8:40pm Yoga Group X Room	7:40pm - 8:40pm BODYBALANCE Group X Room	7:40pm - 8:40pm MINDFUL YIN Group X Room			
7:40pm - 8:40pm Beg/Int Pilates Group X Room						

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.

Tai Chi

From Monday 7 January

- obtain benefits associated with low-impact, weight-bearing, exercise
- improve physical condition, muscle strength, coordination, and flexibility
- improve balance and decrease the risk of falls
- ease pain and stiffness
- improve sleep
- for overall wellness

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.