

# bodyattack



*simple, effective, here now!*

**Body Attack** is a group exercise program to music that activates the power energy systems. Body Attack is a pre-choreographed 55 minute workout using high intensity interval conditioning.

Body Attack's simple choreography makes it easy for all class enthusiasts.

## BENEFITS

- An athletic challenge
- Muscle control is improved
- Increased muscle endurance
- Improves co-ordination
- Strengthens joints, ligaments and tendons
- Upper and lower muscle toning and conditioning
- Improved bio-mechanical efficiency

## Question:

### Do you want...

- A high intensity workout
- Increased aerobic stamina
- Powerful anaerobic strength
- A challenging workout to improve overall fitness
- An athletic class with inspirational music and instructors
- A simple, non dancy class that is easy to follow

## What to bring

Wear comfortable, loose clothing or fitness wear. Footwear and a towel is required.

## Who can participate

Aimed at intermediate and above levels of fitness.

New participants with moderate fitness levels can benefit by using options to self regulate intensity.

Sedentary people and those with medical conditions must seek the advice of a health professional or doctor before attempting body attack.



**NOTE** complying with the FitnessNSW Code of Practice all participants will be required to complete a pre-exercise questionnaire. Entry into Body Attack sessions is dependent upon satisfying all criteria.

## Class Times

Please see the group fitness timetable for current times

## Centre hours

MONDAY TO FRIDAY  
5.30am - 9.00pm

SATURDAY  
6.00am - 7.00pm

SUNDAY & PUBLIC  
HOLIDAYS  
7.00am - 7.00pm

## Sutherland Leisure Centre

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