

bodycombat



A great overall workout!

Body Combat is a martial arts based, pre-choreographed endurance, flexibility and strength program set to powerful and motivating music.

Body Combat combines elements of traditional martial arts including Tai Chi, Karate and Kick Boxing to give you a great overall workout.

BENEFITS

Body Combat is an energetic group exercise class which stimulates the body and mind.

Regular attendance 2-3 times per week may result in the following benefits:

- Improved strength
- Improved speed - power
- Improved flexibility
- Increased joint mobility and range of movement
- Improved strength endurance
- Improved co-ordination and balance
- Reduced stress levels
- Potential weight loss through caloric expenditure and increased muscle tissue.

The legs

Strengthened and toned through kicks and shuffles.

The upper body

Trained through a variety of punches, hand and elbow strikes and defensive moves. Will give your abs a great workout.

Your Body Combat instructors are all qualified to instruct this speciality class

WHAT TO BRING

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

WHO CAN PARTICIPATE

Body Combat is for all levels. The program offers a variety of options so that you can work at your own level. No previous knowledge of Kick Boxing or martial arts is necessary to participate and gain benefits.



NOTE complying with the FitnessNSW Code of Practice all participants will be required to complete a pre-exercise questionnaire. Entry into Body Combat 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

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