



Advance Wellness Timetable

valid from 10 April 2017

Time	Mon	Tue	Wed	Thu	Fri
5:30 am-6:00am			Oov CoreBlast		Oov CoreBlast
6:05 am-6.50am	Performance		Performance Running		Performance
12:15 pm-1:00pm	Oov Pilates	Oov	Oov	Renew Yoga	Oov Pilates
1:05 pm-1.50pm		Mobility			
5:15 pm-6.00pm	Ultimate		Oov Pilates return date TBA	Ultimate	
6:15 pm-7.00pm	Oov Pilates		Renew Yoga	Oov Pilates	

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Class Descriptions

Oov 45 mins

Excellent training device that allows your core to function correctly without having to try and activate it. Great for improving core stability, spinal health and mobility in your joints to help when you're performing other exercises and activities.

Oov Pilates 45 mins

Aimed at full body workout. Pilates on an Oov will give you the benefits of both the Oov and Pilates all in one. You will work your deep inner core muscles while also strengthening and toning various other muscles throughout your body.

Oov CoreBlast 30 mins

A shorter, more intense Oov class - these classes are for those experienced on the Oov. Basic moves are eliminated from this class, shortening time, but not activation. Your core will feel the blast!!

Ultimate 45 mins

A full body high intensity group class. You will use equipment such as the TRX, the ropes, the sled, kettlebells and cardio equipment. You will work on developing your strength, fitness and endurance. Expect to see great results in a fun yet competitive environment.

Performance 45 mins

Stabilizing and strengthening exercises based on every day movements. Suitable for every level of fitness. This is a great way to improve your fitness, burn calories and correct your functional movement pattern.

Performance Running 45 mins

Mix of circuit training for strength & stability as well as run-based muscle conditioning for stamina, muscle recruitment & technique training to prepare the walker, runner or upcoming IRONMAN for what movement your body requires. Prepare to sweat

Renew Yoga 45 mins

This class is a nice stepping stone into Yoga if you have recovering from a recent injury. It is a gentle class to enliven the spine, increase flexibility, calm the mind and renew the body whilst bearing your injury in mind. The instructor will focus on attaining control of the breath and alignment of the body. This allows you to ease into the postures in your own time and stay within your pain free range of movement.

Mobility 45 mins

A class to mobilise and lengthen out tight muscles. We will use a variety of techniques including breathing, foam rolling, trigger point self release and stretching to ease tension in your body.