



Advance Wellness Centre Class Timetable - Valid From Monday 9 April 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 am - 7:00 am	Functional Performance		Functional Mobility		Functional Performance
12:15 pm - 1:00 pm	Clinical Floor Pilate	Functional Mobility	Clinical Floor Pilate	Functional Mobility	Clinical Yoga Therapy
5:15 pm - 6:00 pm	Ultimate Function	Clinical Yoga Therapy	Functional Kettlebells	Ultimate Function	

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W: www.advancewellness.nz

NOTE: A little bit about our philosophy...

Our classes at Advance are designed with one thing in mind, to get your body moving the way it was designed to. We want you to have the functional ability to perform daily life free of pain, restrictions and discomfort. Our classes are **NOT** lead by fitness professionals, **they are designed and lead by clinical professionals** specifically with you in mind.

Functional Mobility

Beginner

45min

In this unique and functional total body class, you will learn to move well, move often and move strong. You will restore necessary mobility, deal with asymmetries/imbbalances and restore your natural movement patterns. Reinstate natural diaphragmatic breathing and learn new power breathing. Also, strengthen your mid-section.

Functional Performance

Intermediate

45min

Stabilizing and strengthening exercises based on everyday movements. Progression from Functional Mobility. This is a great way to improve your fitness and correct your functional movement patterns

Ultimate Function

Experienced

45min

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

Functional Kettlebells

Intermediate to Experienced

45min

This kettlebell class uses a minimalist approach on resistance training and is very different from a typical gym class. Here, you will unlearn the things that are not useful, and learn a simple, yet sensible, approach in order to move well, move often then move strong. Learn how to use tension and relaxation techniques applied at the right time from the basic human movements such as the hinge, squat, push, pull, rotation and loaded carry.

Clinical Yoga Therapy

Beginner to Experienced

45min

Clinical Yoga therapy is a Physiotherapist lead type of therapy that uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health.

Clinical Floor Pilates

Beginner to Intermediate

45min

Clinical Floor Pilates is a form of physical exercise that focuses on posture, core stability, balance, control, strength, flexibility, and breathing. Our Clinical Floor Pilates is physiotherapy lead as a means of treating a variety of injuries, particularly those of the neck and back.