



## Health Club Group Fitness Classes

Chuan Spa's Health Club have put together a range of paid and complimentary classes to help you with your fitness goals and get you in shape for Summer! Classes run from November 2010 and are available to all guests staying at The Langham, Auckland as well as Health Club members.

### Timetable:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am			Aqua Max	Aqua Max			
7:30am		In-Your-Element					
8:00am				In-Your-Element	Chuan Flow	Chuan Walk	
2:15pm		Chuan Run					
3:30pm			Summer Silhouette	Chuan Run			
4:45pm			Chuan Walk				

#### Chuan Run, 45 mins, Complimentary

This class is perfect for those who enjoy running. Increase your metabolism whilst enjoying Auckland's sights including the beautiful Domain, along with well-known historical sites in and around The Langham.

Maximum participants: 15

#### Chuan Walk, 60 mins, Complimentary

For a slower paced exercise, this walking tour is a great way to see the city whilst burning calories.

Maximum participants: 15

#### Chuan Flow, 45 mins, Complimentary

Chuan Flow targets core stability, lower body flexibility and upper body strength.

Maximum participants: 8

#### Aqua Max, 45 mins, \$15 per session

Increase your fitness with this challenging and total-body workout in our outdoor heated pool.

Maximum participants: 12

#### Summer Silhouette, 55 mins, \$20 per session

Perfect to complement any personal training package, this sculpture class is designed to tone and refine the figure.

Maximum participants: 6

#### In-Your-Element, 55 mins, \$20 per session

The In-Your-Element class is an intense group training session which incorporates the five forms of key fitness and plyometrics. It focuses on speed, power, muscular endurance, strength, and fun.

Maximum participants: 6

*Bookings are essential as numbers per class are limited. For more information or to reserve your place, please contact the Health Club on '8246'.*

*Classes are complimentary unless otherwise specified.*