

# Moves Class Details



## UP THE MOVES

Would you like to run faster, jump higher, throw further, hit harder, ride longer, swim stronger, look leaner, live keener. This high intensity circuit based class is the key to gain a fitness edge and feeling an explosion of endorphins. Perfect for anyone interested in improving their overall strength and fitness. A reasonable level of fitness is required for this 1hr class.



## FUNCTIONAL MOVES

Functional Fitness Training is all about completing compound exercises and multi plane movements in order to engage and strengthen muscles that are used frequently on a daily basis and in every day activities, such as lower back, lats, hamstrings, glutes and core.

Mostly Free weights, Bosu, Barbells, Medicine Balls are used for this style of class as well as the cardio equipment.

## CORE MOVES

You can feel them... somewhere? Building good core strength takes more than just sit ups. The "core" actually consists of many different muscles that stabilise the spine and pelvis and run the entire length of the torso. These muscles stabilise the spine, pelvis and shoulder and provide a solid foundation for movement in the extremities. This class will have you performing safe and interesting ways to strengthen your core. Perfect for any fitness levels.



## BOXING MOVES

This class is the ultimate way to exercise, socialise and de-stress all at the same time. Burn calories, lose the gut, increase your fitness, start to lose those bingo wings and get some guns (think of Danny Green guns!). Class runs for 1hr – expect some sweat.

All levels of fitness are catered for in these classes.

## STRETCH MOVES

A slightly slower paced class with some basic core and floor exercises, with a focus on stretching and flexibility.

Expect to learn some great new stretches and techniques that will go a long way to help reduce some back and neck soreness from sitting at the desk all day.

This is a great way to take a break from your busy schedule, slow down and to regenerate.



## U CAN MOVES

Expect a mixture of stretching, core, back, relaxation and breathing exercises. These will not only give you greater muscle flexibility, but also give your mind a sense of balance.

U Can Moves will teach you all you need to know in regards to safe and effective exercise, in a non threatening environment.

This class is perfect for beginners and participants who have may never been involved in a circuit class before.

# Moves Class Details & FAQ's



## LBT MOVES

Thunder thighs, muffin top, junk in the trunk, Beyonce booty? Wanna shake it on out of here? LBT is a class devoted to working your Legs, Bums and Tums. Enough said!

## WHAT DO I BRING?

For each of our classes you will not need to bring any equipment. Trench provide all mats and exercise equipment.

Each participant only needs to bring the following:

- Towel
- Water Bottle
- Runners/joggers
- Comfortable work out clothes



## CAN I KEEP UP?

Yes, all classes are specifically designed by our instructors to ensure every fitness level is catered for in the class.

We use a circuit style format in our classes incorporating fun challenges along the way and set each class out, so you work at your own pace!

Let our instructor know how you are feeling during the class and they will tailor it just for you!

## PRIOR INJURY?

No problem. Simply let our instructor know your injury and they will modify the exercises and classes for you accordingly.

All our instructors are tertiary qualified with rehab experience.

## WHAT IF I MISS A CLASS?

We understand the demands of work, family and life in general. You can come to all or any of our classes. While you will get the most results from consistency, you will still enjoy the benefits from coming to our classes if you miss the odd one here and there.