















# Outrace Sessions

Included in Elite and Lifestyle Memberships only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am						
6:30am						
7:30am						
9:00am						
9:10am						
10.30am						

## Evening Classes

6:10pm		
6.30pm		



30 minute all-over body workout to improve your core strength, muscle definition and cardio fitness.



A 30 minute, low intensity workout focused on toning and strengthening your abs, butt and thighs.



A fantastic combination of cardio, plyo and strength training to challenge yourself on the Outrace rig!



45 minute all-over body workout to improve your core strength, muscle definition and cardio fitness.



A 45 minute boxing technique, cardio and strength workout using your own body weight, boxing bags and partnered pad and floor work.



Aerial Yoga combines yoga and acrobatics. It offers the therapeutic benefits of stretching with gravity, while also being heaps of fun.

\*All Outrace classes take place at the Mandurah Aquatic and Recreation Centre.