

Classes

At Riverside Fitness, we specialise in offering small-group classes in the most popular and beneficial disciplines – namely Pilates, Spin and Boxing.

NEW!We now offer an ABT (Abs, Bottom, Thighs) workout class on Saturdays from 7:30am - 8:30am.

Members can choose up to 8 classes each week as part of their membership.

Pilates

Pilates is the perfect complement to any health and fitness program, employing a unique approach to body awareness, postural enhancement and core stability.

Far from being a new or passing fad, Pilates has been a developing practice since the early 1900s when Joseph Pilates, a self-defence instructor for Scotland Yard, trained WWI interns with his unique form of resistance-based exercise.

Pilates today has emerged as a full body conditioning program that enhances posture and lengthens and strengthens muscles, boosting the effectiveness of every other type of exercise you do.

Interested in Pilates only? We provide passes for pilates classes only.

6 Pass - \$100 10 Pass - \$160 20 Pass - \$300

Pilates Class Timetable

Monday	6.00 - 6.45pm (Beg / Inter) and 6.45 - 7.30pm (Inter / Adv)
Wednesday	6.00 - 6.45pm (Beg / Inter) and 6.45 - 7.30pm (Inter / Adv)
Friday	11:30am - 12:30 pm (All levels)

Want to start your own group with your own friends or company? Just call Riverside Fitness to arrange. Phone 3870 0299.

Boxing

Class instructors and personal trainers run fun, friendly and dynamic boxing classes that will take your mind and body to new limits.

Suitable for men and women of all ages, Boxing exercise is the perfect combination of cardiovascular activity and body toning.

In addition to burning fat and increasing your heart and lung capacity, boxing drills can improve your agility, coordination and core strength. Besides all of which it is great spleen-venter - the ideal release for all the stress in your life!

Using speed balls, focus mitts, punch bags and spinning, we will ensure you get a complete workout that strikes a knockout blow for your health and fitness.

Boxing classes timetable

Tuesday	6:30-7:30pm
Thursday	6:30-7:30pm

ABT Class

Our ABT (Abs, bottom, thighs) workout class is a fantastic way to get your body moving before work. Tone your muscles and feel energised for the day.

Saturdays: 7:30 - 8:30am