



Health and Fitness – Cycle Box

CycleBox is a class that combines the elements of a Spin class with that of a Boxcercise session. Participants will take part in a group workout alternating between exercise bikes and boxing gloves. A typical class may involve a session of hill climbs, speed tracks, shadow boxing, skipping, hitting pads, kicking punch-bags, push-ups, shuttle-runs, sit-ups, etc. Classes cover a range of movements and will work all of the major muscle groups. This type of aerobic and anaerobic cross training limits the stress that occurs on a specific muscle group because different activities use muscles in slightly different ways. Limiting stress reduces the risk of injury and allows some muscles to work while others rest and recover. Ultimately, participants determine their own levels of exertion, but a good instructor can certainly encourage and motivate you to push yourself, and you'll most likely find CycleBox to be a vigorous workout.

Program Co-ordinator	Monique Zahra mzahra@pymblelc.nsw.edu.au
Instructor	Ms Julia O'Neill
Term/s	Term 2 This program will be available every term
Years	Year 7 to 12
Days/Times	Thursday 6.45am to 7.45am
Cost	\$85.00 per class
Maximum	20 students
Program Dates (Start/End)	Term 2: Thursday 4 May to Thursday 22 June
Venue	Spin Room (PE Centre)
Uniform	Saturday sport T-shirt or House T-shirt Stretchy black/navy tights/shorts Suitable shoes