



Health and Fitness – Cycle Core

Cycle Core is a class that combines the elements of a Spin class with a core workout. Participants will take part in a group workout alternating between exercise bikes and core work. Classes cover a range of movements and will work all of the major muscle groups, developing a strong core. 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 Cycle Core 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	Tuesday 6.45am to 7.45am
Cost	\$85.00 per class
Maximum	20 students
Program Dates (Start/End)	Term 2: Friday 5 May to Friday 23 June
Venue	Spin Room (PE Centre)
Uniform	Saturday sport T-shirt or House T-shirt Stretchy black/navy tights/shorts Suitable shoes