

## EXERCISE CLASS SCHEDULE

| Monday | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday | Sunday                                  |
|--------|--|---|---|--|----------|---|
|        |  | 6.30-7.30am<br><b>Strike Training Session</b><br>Josiah |   | 6.30-7.30<br><b>Lightweight Training Session</b><br>Josiah |          |   |
|        | 9.30-10.30am<br><b>Strike Training Session</b>         | 10:00-11.00am<br>Tai ji<br>Peter                        | 9.30 – 10.20am<br>Pilates<br>Ilka                           | 9.30-10.30<br><b>Lightweight Training Session</b>          |          | 10:00-11:00<br>Tai Ji<br>Dionne or John |
|        | 9:00 – 10:00am<br>Pilates<br>Debbie                    |   |   |  |          |   |
|        | 6.00-7.00pm<br><b>Strike Training Session</b><br>Sarah | 6:00-7:00pm<br>Restorative Yoga<br>(6 Weeks)<br>Emma    | 6.00-7.00pm<br><b>Lightweight Training Session</b><br>Wykie | 6.00-7.00<br><b>Strike Training Session</b><br>Sarah       |          |   |
|        |  |   |   |  |          |   |

### Exercise Class Fees

|                              | <u>Members</u> | <u>Non - Members</u> |
|------------------------------|----------------|----------------------|
| <b>Boxing Training</b>       | Free           | \$15.00              |
| Pilates                      | \$20.00        | \$20.00              |
| Ginnaya Yoga Classes         | \$16.00*       | \$16.00*             |
| Tai Ji – Peter, Dionne, John | \$10.00        | \$10.00              |

\* Casual class rate. Please contact Ginnaya and Josephine for concession rates.

**Note: All Classes in bold are BodyTech classes**

BodyTech reserves the right to make changes to this timetable at any time.

**Note** : Non members to pay \$10 extra for use of spa, steam, sauna, swimming pool.

**Boxing** : Maximum 18 people per training session. Please collect a tag from reception prior to attending.

## Tai Ji/Qigong

- Peter Caughey  
- John Watson  
- Dionne Davis

**Peter Caughey** teaches Tai ji and Qigong for BodyTech. He is also a tutor in Tai ji and Qigong for the New Zealand School of Acupuncture and Traditional Chinese Medicine and is a senior instructor for a Tai ji Chinese Monastery School.

Peter is a registered Acupuncturist and is also qualified in Tuina (Chinese Massage) and Traditional Chinese Herbal Medicine. He has NZQA qualifications in Adult Teaching, and is a trained technician with the Meridian Stress Assessment System. This system screens for toxicity levels in our bodies, which includes pesticides, herbicides, viruses, chemicals and thousands of other dangerous toxins.

**Dionne Davis** has been practising Tai ji for over five years, and has taught Tai ji and Qigong along with Peter and Ollie since November 2001 at BodyTech Fitness and Spa. Dionne's interest in health and wellness began in 1993 when she completed her first traditional Thai Massage workshop. Since then she has practised massage and yoga.

**John Watson** has been studying Tai Qi for over 20 years. He has been training with Peter Caughey for the last 10 years. He teaches both the Tai Qi 24 Posture Yang Style form and the Qi gung exercises.

### What is Qigong?

Qigong is one of the four elements in Traditional Chinese Medicine. By performing Qigong exercises, it is possible to cure diseases and illnesses and maintain great health. Qigong exercises also have an established history in the efficacious treatment of, and in aiding in the recovery from, musculo-skeletal injuries.

Qigong works effectively on balancing and harmonising all the body energy. Practising Qigong manages stress, mental tension and excessive mental thinking and has also amazing effects combating insomnia and sleep disturbances.

### What is Tai ji?

Tai ji is a very powerful martial art and self-defence system. One of Tai ji's main benefits today is that it creates a balance between our fast paced lives and having a calm mind and a relaxed physical body. Tai ji helps body co-ordination and movement, it strengthens the heart and the lungs, and it also regulates the circulation of blood and Qi (vital energy) around the body. Tai ji energises the muscles, giving more strength, cleanses the skin, and it clears the mind and increases awareness and alertness. Tai ji doesn't just instruct you about good health; it gives you a living experience of it.

## Hatha Yoga

- Ginnaya Turner

Yoga has been an integral part of **Ginnaya's** life for over 12 years. She experienced a range of yoga philosophies before coming to rest with the somatic approach of renowned yoga teacher Donna Farhi. Ginnaya completed Donna Farhi's Advanced Teacher Education program in Australia in 2005 and again in Christchurch in 2008 as well as participating in a number of workshops in past years. In 2008 she

completed a certificate of proficiency in anatomy and physiology at AUT and is also a Certified BodyTalk™ Practitioner.

The consistent practice of Hatha Yoga can return one to a being state which is essentially whole, joyful and peaceful. One develops a greater capacity to reduce high levels of stress and increase energy and vitality. On a physical level, respiration, circulation, immune function and postural alignment improve. On a mental level, one strengthens the ability to sustain a focussed, present state

### Attending a yoga class:

- Avoid taking food 2 hours before taking a yoga class
- Always inform teacher of relevant health conditions, such as musculo-skeletal injuries, heart conditions, repetitive strain, or pregnancy.
- Wear comfortable non-restrictive clothing.
- Ginnaya can be contacted at: 815 5938, 130 Western Springs Rs, Western Springs. connect@theinnerspace.co.nz

## Mat Pilates

- Josephine Costain

"Make the torso the power centre of your body"

BodyTech Fitness and Spa is proud to offer you Pilates mat classes. Classes are an exercise system derived from the teachings of Joseph H Pilates.

**Josephine** has been practising Pilates, Qi Gong and Yoga for the past 4 years under the guidance of Edna Katz-Levy (who has had 17 years teaching experience in the above three disciplines in NZ, Australia, and Israel).

In 2002, Josephine began her Pilates apprenticeship with Edna. She has studied Applied Anatomy at AUT and trained with Polstar Pilates Training Courses. Josephine has a performing arts background, not only has she danced with the Edna Katz-Levy Dance Theatre Company, she is a musician, singer and songwriter.

## Supervised Strike

**Supervised Strike™** High Intensity Training is a BodyTech knockout. Supervised Strike delivers an authentic high intensity boxer's workout. The programme includes skipping rope, shadow boxing, bag work, combination drills, and medicine ball mid section work for stronger abs. Supervised Strike is great for both men and women who want a high intensity calorie burning workout. It's a great avenue for stress busting too.

All trainers are qualified BodyTech Instructors, guaranteeing safe and challenging workouts every time. Suitable for all fitness levels and ages. Give this class a go!  
Light weight-recommended for first timers.  
Supervised Strike-for the more experienced.