



THE
IQStudio

TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am	IQ:FIT	IQ:METCON	IQ:CARDIO	IQ: STRENGTH	IQ:ATHLETIC	
7.45am	IQ:FIT	IQ:METCON	IQ:CARDIO		IQ:ATHLETIC	
8.30am	IQ:FIT	IQ:METCON	IQ:CARDIO	IQ:STRENGTH	IQ:ATHLETIC	IQ:CIRCUIT
9:15am	IQ:SUSPENSION	IQ:SUSPENSION	IQ:SUSPENSION	IQ:SUSPENSION	IQ:SUSPENSION	9.30am IQ:BOX FIT
9:45am	IQ:FIT	IQ:METCON	IQ:CARDIO	IQ:STRENGTH	IQ:ATHLETIC	
10.40am			SUPER SENIORS CIRCUIT		SUPER SENIORS CIRCUIT	
5.30pm	IQ:FIT	IQ:METCON	IQ:CARDIO	IQ: STRENGTH		
6.15pm			IQ:SUSPENSION			

Please note: The IQ Studio will be closed for exclusive class use during the above times.

WHAT IS THE IQ STUDIO?

The IQ Studio is an intelligence training space which houses Australia's largest Queenax system and the PRAMA Vertical 3.0 interactive wall. This space allows us to develop innovative training programs based around high intensity interval training (HIIT), to help members train smarter and get results faster than ever before. The equipment is incredibly flexible. This allows members to completely customise and personalise workouts, with the support of our qualified instructors.

To find out more head to the Kew Recreation Centre Website, www.kew.boroondaraleisure.com.au

CLASS DESCRIPTIONS

IQ:ATHLETIC

A unique and non-stop workout utilizing all three energy systems with a combination of cardio endurance, stamina and power movements.

IQ:FIT

Improve strength and endurance in this complete body workout with a combination of resistance strength training followed by an intense cardio workout

IQ:SUSPENSION (30 minutes)

Challenging strength and stability exercises combined with functional conditioning to improve all aspects of fitness including power, strength, balance and mobility. 30 minute class.

Kew Recreation Centre

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IQ:METCON

A metabolic conditioning workout involving functional strength exercises, followed by a fast paced high intensity circuit that will challenge your cardiovascular capacity.

IQ:BOXFIT

A high intensity boxing circuit encompassing technical aspects of boxing with core strengthening exercises.

IQ:STRENGTH

A demanding workout using a variety of dynamic movements to build strength and stamina, improve flexibility and joint strength.

IQ:CARDIO

Total body conditioning - using a variety of workouts such as a tabata and reps that will increase endurance, strength and plyometric movements.

All classes are 45 minutes unless otherwise stated.