

# pop-up classes

# GREEN AT THE LIVING SHOW

Our FitCamp is sponsored by **FITWEAR**

Look out for the pop-ups and join the class  
BE FIT, Auckland!

## saturday

**11:00AM**

### **DE-STRESS AND REVITALISE WITH YUAN GONG/QIGONG**

Qigong is an ancient Chinese health system with a multitude of health benefits including reducing stress and anxiety, calming the mind and emotions, boosting energy and immunity, preventing or recovering from injury, increasing clarity of thinking and mindfulness, and much more. Through gentle rhythmic movements and postures, energy in the body is harmonised through either unblocking, dissolving or increasing energy (Qi) wherever necessary. Kim Knight is a fully accredited Qigong and Yuan Gong teacher with 16 years' experience.

**12.30PM**

### **FIGHTING FIT BY HUMMER FITNESS AND HEALTH**

Miriam Tio, Muay Thai Champion is selected to represent New Zealand as a lightweight in the IFMA Royal World Cup this August. Miriam's class is a high intensity mixture of combat sports and functional body weight movements incorporated with cardio. Her philosophy is FUNCTIONAL. Boxing and Thai kickboxing strikes to build confidence and empowerment, in combination with functional body weight and intense cardio. It's a workout which gets people pumping with enthusiasm and energy!

**2.30PM**

### **SUSTAINABLE YOGA PRACTICE**

Join Jennifer as she teaches you 'Pop-up practice for the busy, urban yogi'- In this session Jennifer Allen, founder of Jayayoga NZ, will 'stuff your yoga toolbox' full of simple, accessible practices that can be done anytime, anywhere! Whether you are at work, at the supermarket, or on an airplane, Jennifer will help you to explore the ways that you can 'stop, drop, and yoga' during moments of busyness and stress. Simple movement, simple breath, and mindfulness practice will be on the menu for this 'take anywhere yoga.'

**3.30PM**

### **101 FITNESS PRESENTS: SLOW MOVEMENT - STRETCH CLASS**

Stretching is a vital part of any exercise routine as it gives your muscles the ability to lengthen, to expand and restore after exercise. Plus - it feels so good! Come and experience a 25 min stretch class with resistance bands and using slow movement.

**4:00PM**

### **BODY COMPOSITION MEASUREMENT: DON'T BE AFRAID OF THIS SCALE!**

This will give you knowledge about your own body... This Scale gives us a measurement of your BMI, Body age and Muscle vs. Fat ratio. Come and find out if you are on the right track with your health or what you can do to make it better.

## sunday

**11.30AM**

### **'YOGA FOR PERFECT PEACE, STRESS RELEASE AND TRANSFORMATION'**

Amanda Probett offers an integrated approach, drawing on the knowledge and wisdom of her formal study of Eastern Philosophy and the major Yoga traditions. She combines a comprehensive knowledge of both traditional Hatha Yoga and Yoga Therapies with a wealth of professional experience to guide clients to balance of mind and body. Amanda invites you to experience your own innate vitality, wisdom and bliss through Yoga.

**1.30PM**

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**REGISTER  
FREE  
ONLINE**