

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30am – 10.30am MAT PILATES (Amanda)	7.00am – 8.00am CIRCUIT (Paul)	6.30am - 7.30am PILATES (Amanda)	7.00am - 8.00am CIRCUIT (Paul)		9.00am – 10.00am MINDFULNESS (Angela)	
9.30am – 10.30am BEGINNERS YOGA (Alice)			10am – 10.45am ZUMBA GOLD (commencing 2 nd feb 2017) Vicki	10.00am - 11.00am SIT & BE FIT (Vicki)	9.00am – 10.00am CIRCUIT (Paul)	
	10.00am – 11.00am TAI CHI (Amanda)	10.30am - 11.30am SIT & BE FIT (Vicki)		12.00pm - 12.45pm PILATES EXPRESS (Amanda)		
	11.30am –12.30pm STRENGTH TO STRENGTH (Paul)	12.00pm – 1.00pm DANCING WITH PARKINSONS (Carmen)	11.30am – 12.30pm STRENGTH TO STRENGTH (Paul)	12.00PM – 1.00pm CIRCUIT (Carmen)		
3.00 – 4.00pm CIRCUIT (Paul)		1.30pm- 2.30pm DANCING WITH PARKINSONS (Carmen)		1.00pm -2.00pm MINDFULNESS (Angela)		
			5.30pm – 6.45pm BEGINNERS/ INTERMEDIATE YOGA			
6.00pm – 7.00pm MAT PILATES (Amanda)		6.15pm -7.15pm BEGINNERS YOGA (Alice)				

Yoga & is held in Room 6b (2nd floor) All other classes in Room 9 (2nd floor)

Ph 61220150

Booking Essential

CLASS INFORMATION

We offer classes that are fully supervised by qualified health professionals, we recommend that you have a full health and fitness appraisal before commencement of the CIRCUIT classes.

This is not essential but to gain the best from your sessions the appraisal is highly recommended!

Assessments are conducted by our Exercise Physiologist or the Physiotherapist. COST \$100.00 (this is claimable on private health insurance and in some cases under EPC if you have a GP Management Plan

All classes

Are fully supervised by a qualified health professional Require pre-booking Numbers are limited.	Focus on improving strength and cardiovascular fitness, Improve balance and flexibility through movement Are FUN and EXCITING!
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INVESTMENT IN YOUR HEALTH

Circuit Class	Casual	\$15.00	
	Senior	\$10.00	
Yoga	Casual	\$20.00	(5 session pack available)
	Senior	\$15.00	
Sit & Be Fit	Casual	\$ 9.00	(10 session packs available)
Tai Chi	Casual	\$10.00	(10 session packs available)
Strength to Strength	Casual	\$10.00	(10 session pack available)
Pilates (Mat)	Casual	\$20.00	(10 session pack available)
Zumba Gold	Casual	\$15.00	
	Senior	\$10.00	

PLEASE NOTE : BOOKINGS ARE ESSENTIAL FOR ALL CLASSES

CANCELLATION POLICY ; If you are unable to attend a booked class, please notify reception ASAP.

If reception is not notified within 6 hours of the class commencement the class is forfeit.

(we understand that there may be times when you are unable to attend a class. However as we offer personalized classes, numbers are limited, we often have a wait list for these classes.

PLEASE NOTE; 5 session packs are to be used within 8 weeks of purchase date.