



GENTLE FITNESS **TIMETABLE**

Correct as of Monday 3rd August 2009

STRENGTH
for life 50⁺

Strength for Life is a fully supervised, strength orientated class. It is recommended for people who are over 50. The benefits include regaining and maintaining strength; improving bone density and increasing mobility. Treadmill use for heart fitness also included in this class. An assessment is necessary before commencing and a doctor's clearance may be needed.



BODY  VIVE.

Body Vive is a low impact, group fitness workout that lets you choose just how hard you work. Using Vive balls, tubes and optional hand weights. You are talked step-by-step through the entire class by a skilled instructor, all the while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated and fizzing with energy!



GENTLE MOVERS AQUA

Gentle Movers Aqua is a class catering specifically for the mature adult, or any medically challenged individuals. The buoyancy of the water decreases any stress on the body.



YOGA

Ashtanga Yoga – the dynamic form of yoga, designed for urban people with time constraints employs a multiple of techniques , such as postures, breathing, concentration and meditation exercises.

All of these classes are conducted in a safe, air conditioned, comfortable environment with the emphasis being on safety to allow everyone to exercise at their own pace.



COSTS

\$25 ASSESMENT FEE FOR STRENGTH 4 LIFE

<p>\$6.00 PER SESSION For Strength 4 Life classes only.</p> <p>Other classes are \$15.00 per class \$11.00 concession</p>	<p>\$203.00</p> <p>35 VISIT PASS</p> <p>= \$5.80 PER SESSION</p>
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Visit card is valid for 6 months from date of purchase.

This card is only valid for classes on the Gentle Fitness timetable.

No additional discounts or concessions are available.

All programmes are fully supervised.

**Visit card can only be used Monday to Friday
7:15am-2:00pm**



GENTLE FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 AM		Yoga			
8:15 AM	GENTLE MOVERS AQUA		GENTLE MOVERS AQUA		GENTLE MOVERS AQUA
9:15 AM	BODY VIVE*			BODY VIVE*	
11-15 PM		STRENGTH 4 LIFE*		STRENGTH 4 LIFE*	
12:30 PM		GENTLE MOVERS AQUA			GENTLE MOVERS AQUA
5:30 PM			BODY VIVE*		

- PLEASE NOTE THE TIMETABLE IS SUBJECT TO CHANGE
- CLASSES WILL NOT RUN ON A PUBLIC HOLIDAY
- ALL CLASSES ARE 45 MINS UNLESS INDICATED*
- BODYVIVE CLASSES 1HR
- STRENGTH 4 LIFE CLASSES HAVE A 2HR WINDOW FOR YOUR INDIVIDUAL PROGRAMME

This timetable is subject to change without any notice