



Gentle Fitness Timetable






STARplex Fitness Centre
Telephone: (08) 8522 0622
18-20 Alexander Ave
Evanston Park SA 5118
www.starplex.com.au













Gentle Fitness Timetable

Classes catering specially for over 50's

- Timetable subject to change
- Classes will not run on a Public Holiday

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15am			Gentle Movers Aqua		Gentle Movers Aqua
9:00am		Pilates			
9:15am					
10:15am					

10:30am					
Strength For Life		 11:00—12:30	 10:30—11:30	 11:00—12:30	
12:30pm					
5:30pm					
6:00pm					
6.30pm					

Gentle Fitness Class Descriptions

STRENGTH FOR LIFE is a fully supervised, strength orientated class recommended for people who are over 50. The program is aimed at regaining and maintaining strength, improving bone density and increasing mobility.

BODY BALANCE[™] is a holistic workout incorporating flexibility and strength exercises transporting your body and mind into a state of harmony and balance.

BODYVIVE[™] is a low impact cardio – strength - tone & shape - abs & core workout where you choose how hard you work....fun & fizzing with energy!!!!

YOGA Yoga employs multiple techniques such as posture, breathing, concentration and meditation exercises. Great for strength.

PILATES is a workout that specifically strengthens the posture and trunk stabilising muscles – helps maintain good posture and alignment. Lift your spirit with relaxing meditation at the end.

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.

All programmes are fully supervised by qualified, accredited and friendly staff.

\$87

15 Visit Gentle Fitness Pass

(\$5.80 per session)

*Conditions Apply

Casual visit prices

Strength for Life	\$6.00
Fitness Class	\$17.00
Fitness Class Concession	\$13.00
Aqua	\$13.50
Aqua Concession	\$10.00

Conditions:

\$25 Strength For Life Assessment Fee- must be done before commencing Strength for Life.

Visit pass is only available for clients over 50 years old.

Visit pass is valid for 4 months from date of purchase.

This pass is valid for classes on the Gentle Fitness Timetable.

Visit pass can only be used Monday to Friday 7:15am-6:30pm.

No additional discounts or concessions are available.

Must be Strength For Life member to be eligible to purchase Gentle Fitness Pass.

STRENGTH

for life 50⁺

