



# Gentle Fitness

# Timetable


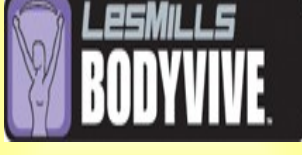




**STARplex Fitness Centre**  
**Telephone: (08) 8522 0622**  
18-20 Alexander Ave  
Evanston Park SA 5118  
[www.starplex.com.au](http://www.starplex.com.au)













# Gentle Fitness Timetable

Classes catering specially for over 50's

- Timetable subject to change
- Classes will not run on a public holiday
- Strength for Life classes run from 11am–1pm

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

10:30am					
11-1pm					
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!!!!

**ZUMBA TONING®** combines targeted body-sculpting & high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.

**ASHTANGA 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.

Zumba® and the Zumba Fitness logos are trademarks of Zumba Fitness, LLC, used under license

**\$87**

**15 Visit Gentle Fitness Pass**

(\$5.80 per session)

\*Conditions Apply

## Casual visit prices

Strength for Life	\$6.00
Zumba Gold	\$10.00
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.

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.

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

**STRENGTH**  
**for life 50+**

