

## GROUP FITNESS CLASS DESCRIPTIONS

All programs are fully supervised by qualified, accredited and friendly staff

### MY FIT LIFE MEMBERSHIP INCLUDES:

**MY FIT LIFE** - Is a fully supervised, strength orientated class recommended for people who wish to exercise lower impact. 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.

**STONE** – A great foundational class with a wide variety of options to suit all fitness levels. STONE is the optimal mix of strength, cardio and core training.

**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.

**DEEP WATER AQUA** – A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups.

**YOGA** – Employs multiple techniques such as posture, breathing, concentration and meditation exercises. Great for strength.

**UNLIMITED access to gym.**

**UNLIMITED access to pool for lap and recreational swimming.**

MY FIT LIFE PACKAGES	CASUAL VISIT
Assessment <b>\$25.00</b>	My Fit Life \$7
My Fit Life Membership <b>\$13.20</b> per week	Fitness Class \$20.00
<b>\$653</b> upfront	Aqua Class \$20
*Conditions Apply	Aqua Class Concession \$18

### \* CONDITIONS

- \$25 My Fit Life Assessment must be completed to be eligible to purchase any of the My Fit Life Packages.
- No additional discounts or concessions are available.

*Regular/ active participation in My Fit Life Program is essential*



# 2019

**TIMETABLE**  
**FROM 11th MARCH**



[www.starplex.com.au](http://www.starplex.com.au)



**STARplex**

at Trinity College

### FITNESS CENTRE OPENING HOURS

Monday–Friday 5.30am – 9.30pm // Saturday 7.00am – 5.00pm // Sunday 7.00am – 5.00pm

Classes catering specially for lower impact exercise.

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30am		DEEP WATER Aqua	DEEP WATER Aqua			DEEP WATER Aqua	
8.15am		AEROBICS Aqua	AEROBICS Aqua	GENTLE MOVERS Aqua	DEEP WATER Aqua	GENTLE MOVERS Aqua	
9.00am		tone	PILATES				tone
9.10am				tone	tone		
9.30am							LES MILLS BODYBALANCE
10.00am			LES MILLS BODYBALANCE	LES MILLS BODYBALANCE			
10.15am	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE			PILATES		
10.30am			myfitlife myfitlife myfitlife 10.30 - 12 noon 10.30 - 12 noon 10.30 - 12 noon			LES MILLS BODYBALANCE	

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1.30pm	CLOSED 5.00pm	GENTLE MOVERS Aqua	GENTLE MOVERS Aqua	GENTLE MOVERS Aqua	DEEP WATER Aqua	GENTLE MOVERS Aqua	CLOSED 5.00pm
2.15pm				DEEP WATER Aqua			
5.30pm		tone					
5.45pm				PILATES			
6.00pm					YOGA		
6.30pm			PILATES	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE		
7.30pm			LES MILLS BODYBALANCE				

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## Bookings Ph 8522 0622

18–20 Alexander Avenue  
Evanston Park SA 5116



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Timetable effective as of 11th MARCH 2019