

# Weekly Class Schedule: August 2018

	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday
Early			6:45am Move for Maintenance		6:45am Move for Maintenance	Move for Maintenance (EOI)
Mid Morning	9:30am Kinder Fit		9:30am Kinder Fit		Kinder Fit (EOI)	Fighting Fit. Not a Look! (EOI)
	11:00am Falls Prevention		11:00am Falls Prevention			
Evening		5:30pm Move for Maintenance		5:30pm Move for Maintenance		
		6:30pm Fighting Fit. Not a Look!		6:30pm Fighting Fit. Not a Look!		

**Move for Maintenance**  
(45mins) \*Pilates based

For the worker who wants to look after their body and avoid injury so they can live life to the fullest. This **mat based class** will keep your **joint mobility** in check and **strengthen** those stabilising muscles associated with common injuries.

**Kinder Fit**  
(45mins)

Designed for the busy parent who has a child between 2½ —5yrs who wants quality time with their child and maintain fitness. The class includes the **kids and the parent to be active together** whilst building a **knowledge of shapes, numbers and colours**, developing **gross motor skills** and being immersed in a positive exercise environment.

**Falls Prevention**  
(60mins)

We deliver weekly **education** on areas that can effect balance and you can participate in **exercises to strengthen your body, improve reaction time and functional balance**. Promotes self maintenance for long term independence.

**Fighting Fit. Not a Look!**  
(45mins)

This **cardio and strength circuit** is designed for you to reach the best version of yourself. It provides a positive and judgement free zone to exercise for those who have also been struggling to shed those stubborn kgs.

**All Classes \$20 per visit**  
**10 Class Pre Paid Block \$160**

Pre Booking required as spots are limited in each class.

Cancellation Policy is 24hrs.

**PRIVATE HEALTH**  
**REBATES AVAILABLE**

*\*Pre Exercise Screen form must be completed prior to first class. A doctors clearance may be required prior to exercise.*

**YOUR GREATEST ASSET IS YOUR HEALTH. INVEST IN YOURSELF TODAY.**

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