

# LET'S GET PHYSICAL

## KEY

- - Glandore Phone: 7420 6400 to book!
- - Trott Park Phone: 8387 2074 to book!
- - Cooinda Phone: 8375 6703 to book!
- - Mitchell Park Phone: 8375 6804 to book!

Each week, pay for 3 exercise classes and get **UNLIMITED** additional classes in the same week at any centre!  
Offer only Valid for \$7.00 classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Kids Jam Dance Class</b> Starts Mon 15th Feb 5pm - 5.45pm Cost \$5.00	<b>Heart Foundation Walking Group</b> 8.30am - 9.30am FREE	<h1>REST DAY</h1>	<b>Yoga</b> 6.15am - 6.45am Online Only	<b>Heart Foundation Walking Group</b> 9.00am - 10.00am FREE	<b>Yoga with Os</b> 11.00am - 12noon	
<b>Pilates</b> 5pm - 5.45pm Online Option Kids can dance at the same time!	<b>Stretch</b> 5.00pm - 5.45pm Venue + Online		<b>Bro-ga 5 Weeks</b> 9.15am - 10.00am Venue + Online Starting 4th March	<b>Tai Chi 5 Weeks</b> 9.30am - 10.30am Starting 26th Feb		
<b>Salsa Dance</b> 6.30pm - 8.30pm Starting 1st Feb 8 weeks Cost \$10.00	<b>Cardio Circuit</b> 6.00pm - 6.45pm		<b>Yoga</b> 5.00pm - 5.45pm			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Yoga Flow</b> 9.15am - 10.00am	<b>Konga</b> 9.15am - 10.00am Venue + Online	<b>Mums &amp; Bubs Yoga</b> 9.15am - 10.00am	<b>Pilates</b> 9.15am - 10.00am Venue + Online	<b>Pound</b> 9.15am - 10.00am Starting 12th Feb	<b>Cardio Circuit</b> 8.30am - 9.15am	
			<b>Bollywood Fitness</b> 5.30pm - 6.15pm Venue + Online			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Dance &amp; Tone</b> 1.00pm - 1.45pm	<b>Fit and Flexible</b> 9.30am - 10.30am Only in house	<b>Keep Fit</b> 1.00pm - 2.00pm	<b>Fit and Flexible</b> 9.30am - 10.30am	<b>Salsa Dance</b> 6.30pm - 8.30pm Cost \$10.00 Starting 5th Feb 8 weeks	<h1>REST DAY</h1>	
<b>Tai Chi</b> 2.30pm - 3.15pm	<b>Gentle Chi Ball</b> 11.30am - 12.30pm Cost \$5.00					
	<b>Yoga - Yin Yang</b> 1.00pm - 1.45pm					
	<b>Bollywood Fitness</b> 6.00pm - 6.45pm Venue + Online					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Fabulous + Fit, Stand or Sit</b> 11:45am - 12:30pm	<b>Heart Foundation Walking Group</b> 9.00am - 10.00am FREE	<b>Dance and Tone</b> 10.00am - 10.45am	<b>Stretch</b> 4.30pm - 5.15pm	<b>Zumba</b> 11.15am - 12.00pm Venue + Online	<h1>REST DAY</h1>	
	<b>Pilates: 5 Weeks</b> 4.30pm - 5.15pm Venue + Online Starting 16th Feb					

# OUR NEW CLASSES!

## BOLLYWOOD FITNESS

Wanting to up your fitness program with something different? Open to adults & teens that would like to learn the steps, techniques and routines of Bollywood Dance in a fun, interactive class that keep your heart rate up, hips swinging and feet moving! Get fit with Bollywood Dance!

## SALSA

This 8 week class is a great way to learn some moves, get fit and have fun. Carlos has a passion for teaching dance and he will make you feel confident in taking on this challenge. Participants can join up to and including week three of this class, after which it is difficult to meld new participants.

## DANCE & TONE

Remember the Grape Vine? This low impact class will get your heart rate up, your mind working and body grooving to a choreographed dance routine that is a lot of fun! Programmed for the fun loving 65's, you will know the fitness moves & tunes that will go along with it.

## PILATES

A fun filled mat based class that will take you through all the beautiful, strengthening moves of Pilates. Pilates increases core strength, tones, improves flexibility, aligns your spine and enhances your posture. Relaxes tense muscles, increases breath work + gives you an all over body awareness. A well rounded class, suitable to all levels. Many modifications offered to keep you safe, challenged and progressing in your Pilates journey.

## KONGA

An easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats. KONGA® is the all-in-one workout that will torch calories, tone up your bod, make your soul smile & inject your body with an endorphin overload.

## STRETCH

We all know we should do it but do we? Alleviates back pain, joint + muscle pain Free up your body from tightness, increase your mobility + flexibility Improves posture - reduces stress - promotes circulation - reduces risk of injury. This is a great add-on class to compliment any of our classes! Suitable for guys, girls and all levels.

## TAI CHI

Gentle, low-impact, slow-motion movement incorporating breath. The muscles and joints are used in a relaxed manner, not tensed or fully extended. Ideal for those that may have instability or lower body restrictions. Perhaps if Meditation is not your thing, Tai Chi might be, its mediation in movement and help you keep you moving gently and mindfully.

## ZUMBA

A fun, energetic dance based fitness class to add to your weekly workouts. A great cardio option with low impacts moves. This Zumba is a tiny bit slower so we can learn the moves and get into the rhythm.

## CARDIO CURCUIT

One to get your blood pumping and the endorphins flowing. This sweat inducing session is programmed as a 10 week challenge. Get on board and kick start the New Year

## KIDS JAM

This class incorporates jamming to popular songs in this 45 minute class. We will get our heart rates up and sweat it out while dancing to popular hits. Incorporating Hip Hop, Jazz, Latin and Bollywood it is the perfect way to start the school week. Starts Monday February 15th.

## YOGA

Using stretch and breath work, you will relax into this fabulously nourishing class that will help you to deepen your poses and flow through the sequences. Deepen your breath + stretch, Improve your posture and skeletal strength, Slow your mind and calm your soul, Immerse yourself in the wind down of Shavasana. Suitable for guys + girls!

## YING YANG YOGA

A way to connect body, breath and mind. This practice begins with some yin poses to target the connective tissue while the body is cooler then slips into yang movements that complement the yin sequence; they serve as counter poses, helping blood, lymph, and chi to flow throughout the body. The yang poses are not so vigorous as to conflict with the yin poses; rather, they build on the increased range of motion initiated by the yin poses. We will gently move into slow mindful sun salutations and finish with yin shapes. The result is a flowing sequence that will leave you feeling balanced.

## YOGA FLOW

Bringing together the most beautiful forms of Yoga to create gentle, flowing Yoga class. Using breathe work to lengthen and strengthen your entire body, all at your own levels. Increase your bodies flow + movement in the comfort of your own home. This is a gentle, beginners approach to Yoga and we would love for you to join. Suitable for beginners, guys + girls.

## MUMS + BUBS

Mum & Bubs Yoga; Mamas can unwind, breathe, lengthen, strengthen and tone while connecting with bubs Lay them next to you, or flow through your moves with them. All kids ages welcome. Everyone is welcome to this class even if you don't have bubs with you.

## MORNING YOGA

Inhale all the goodness of a brand new day + exhale all that wont serve you for the day. Breathe deeply, stretch the body & mindfully awaken the mind in this 30min Yoga Flow.

## BRO-YOGA

Specific to guys, for guys and guys ONLY in the class(except your awesome instructor). Not totally convinced about Yoga? It increases your strength, flexibility and stamina, improving your performance in any other workout you do. Also prevent injuries in those other workouts. Increase mobility, Alleviate back and joint pain. Release muscle tension throughout the body, Reduce stress, increase sleep, improve breathing. Yoga is definitely worth a go!

## FABULOUS + FIT, STAND OR SIT

Balance, resistance, weight bearing, low impact fitness class for the fun, fabulous 50's+ You are welcome to stand & move or sit & flow in this class with many options available.