

# LET'S GET PHYSICAL

## AUTUMN 2021 PROGRAM

### 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> 5pm - 5.45pm Cost \$5.00	<b>Heart Foundation Walking Group</b> 8.30am - 9.30am FREE	<b>Box-irates NEW!</b> 9.15am - 10.00am 5 Week Series	<b>Yoga</b> 5.00pm - 5.45pm	<b>Heart Foundation Walking Group</b> 9.00am - 10.00am FREE	<b>Yoga with Os</b> 11.00am - 12noon
<b>Pilates</b> 1: 4.30-5.15pm 2: 5pm - 5.45pm Online + Venue	<b>Bend &amp; Stretch</b> 5.00pm - 5.45pm Online + Venue	<b>Meditation Night NEW!</b> 5.30pm - 6.30pm Online + Venue		<b>Tai Chi for Arthritis</b> 1.00pm - 1.45pm	
<b>Dance Fit NEW!</b> 6.15pm - 7.15pm	<b>Boot Camp</b> 6.00pm - 6.45pm Join the challenge! (2x5 week challenges)				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Yoga Flow</b> 9.15am - 10.00am	<b>Get Low! NEW!</b> 9.15am - 10.00am Venue + Online 5 Week Series	<b>Yoga Mamas</b> 9.15am - 10.00am 5 Week Series	<b>Pilates</b> 9.15am - 10.00am Online + Venue	<b>F-Ab Friday NEW!</b> 9.15am - 10.00am Online + Venue	<b>Family Fit! NEW!</b> 8.30am - 9.15am 5 Week Series
		<b>Hip Hop Plus</b> 10.30am - 11.00am Ages 3-4 years Cost \$5.00	<b>Kids Jam</b> 4.15pm - 5.00pm Ages 5-8 years Cost \$5.00	<b>Self Defence NEW!</b> 4.00pm - 5.00pm 5 Week Series Empowering Families	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dance &amp; Tone</b> 1.00pm - 1.45pm	<b>Yoga &amp; Meditation NEW!</b> 1.00pm - 1.45pm	<b>Keep Fit</b> 1.00pm - 2.00pm	<b>Fit and Flexible</b> 9.30am - 10.30am	<h1>REST DAY</h1>	<b>Yoga NEW!</b> 9.30am - 10.30am
<b>Tai Chi for Arthritis</b> 2.30pm - 3.15pm	<b>The JOY Club NEW!</b> 2.30pm - 3.15pm Online + Venue 5 Week Series				
	<b>Bollywood Fitness</b> 6.00pm - 6.45pm				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fabulous + Fit, Stand or Sit</b> 11:45am - 12:30pm	<b>Pilates: 5 Weeks</b> 5.00pm - 5.45pm	<b>Dance and Tone</b> 10.00am - 10.45am	<b>Mens Yoga NEW!</b> 5.00pm - 5.45pm	<b>Zumba GOLD</b> 11.15am - 12.00pm Online + Venue 5 Week Series	<h1>REST DAY</h1>
		<b>Kids Hip Hop NEW!</b> 4.00pm - 4.45pm Ages 5-12 Cost \$5.00	<b>Self Defence NEW!</b> 3.45pm - 4.45pm 5 Week Series Empowering Families	<b>Self Defence NEW!</b> 2.00pm - 3.00pm 5 Week Series Empowering Women	

# OUR 2021 AUTUMN CLASSES!

## BEND + STRETCH

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

## BOLLYWOOD FITNESS

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

## BOOT CAMP - NEW!

This popular class returns for 2 new 5-week challenges where you will be challenged to beat your 'tests' & see your results! Even better if you are choosing a healthy eating plan at home at the same time – we will keep you motivated. Offered as a PT-styled class with a number of modifications offered, you will increase your cardio, strength, core power, resistance + overall fitness, beating the winter blues!

## BOX-ILATES - NEW!

Increase your cardio + fitness in this all-over, calorie burning, low impact class. Incorporating the foundations of pilates, this class will shape & tone your entire body! Fun, non-contact with plenty of options to keep you on your fitness journey with some surprising results! [Click here to book](#)

## DANCE AND 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 over-65's, you will know the fitness moves & the tunes to dance along with.

## DANCE FIT - NEW!

Join Jacinta each Monday evening and get fit with dance. Move to a mix of rhythms and music from around the world and across the ages... a little swing, reggae, flamenco or merengue, afrobeat or pop, maybe even tango! You'll learn several basic routines set to feel-good music. Each session will begin with a warm-up to ease your body into movement and finish with a calming cool down and stretch. All dance and experience levels are welcome!

## EMPOWERING FAMILIES - NEW!

Empower yourself and your family while learning strategies and techniques to keep you safe in potentially dangerous situations. Learn how to manoeuvre yourself if you were grabbed, held or pushed. Learn how to avoid situations from escalating and how to position yourself safely. Walk away feeling confident and empowered. Not just for families, individuals are also encouraged to come along and learn! [Click here to book](#)

## EMPOWERING WOMEN - NEW

Discover powerful ways to overcome threatening situations. Learn and practice strategies that will support you in times of need. Learn how your intuition can save you and to turn the attacker's strength against them. Discover the natural weapons of the body. Unleash real striking power, that is not assault. [Click here to book](#)

## F-AB FRIDAY - NEW!

It's all about the core in this one! Build your core strength quickly with these hot ab workouts that will be sure to tighten your tum. No two classes are the same as Michelle takes you through her calorie burning, toning + shaping program. She might even throw in some beats from her Pound class to keep you motivated for your Fridays!

## FABULOUS & FIT

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.

## FAMILY FIT - NEW!

Welcoming everyone in the family to join our fun, family (slightly competitive!) relay challenges that incorporate low impact cardio, core strength, coordination. You will reach your fitness goals without even knowing in this PT-styled family fun, relay challenge. [Click here to book](#)

## GET LOW - NEW!

GETLOW® is a beat-driven low impact workout designed to ignite your mind, move your body & improve your wellbeing. This 45 minute full body workout uses boxing, dance, light weights & cardio to transform your mind & body to some seriously good beats. [Click here to book](#)

## KIDS HIP HOP - NEW!

Let your littlies wear themselves out as they groove to the beat. Let the kids show off their moves as they are put through the Hip Hop paces. This term we have the opportunity to experiment with even more dance styles. [Click here to book](#)

## KIDS JAM

We will get our heart rates up and sweat it out while learning dance moves to popular hits in this 45 minute, super fun class. Incorporating Hip Hop, Jazz, Latin and Bollywood it is the perfect way to start the school week. [Click here to book](#)

## MEDITATION NIGHT - NEW!

Vani Shukla, renowned Yogi + Guide joins our fitness team! Vani's extensive experience in everything 'yoga' has given her the expertise to become one of Adelaide's most popular Yoga & Meditation teachers. Vani's classes provide a beautiful journey of warmth, self healing & calming energy. Easy to learn Meditation methods to help you establish regular practice with ease. Please bring anything that makes your journey more comfortable - blankets, pillows, cushions, mats. Suitable for everyone!

## MENS YOGA - NEW!

This one is just for the guys and if you aren't totally convinced of doing Yoga yet then here are just some of the benefits: helps you lose weight, alleviate aches + pains, move more freely, improve your sleep, reduce stress, think more clearly, enjoy more energy, assist with your emotional well being, reduce injuries + ailments, even tie your shoelaces again! These are just a few of the benefits that Yoga brings and we would love for you to give it ago!

## PILATES

**Pilates 1:** For those who would like to get to know & understand the foundations of Pilates, how to activate your core, learn the techniques & breathwork in a slower paced class.

**Pilates 2:** For those who might understand the Pilates basics and love to be challenged, enjoy the more adventurous & creative moves, enjoy the burn & the increased intensity.

Either way, the benefits that Pilates brings are endless: from alleviating aches + pains to increasing posture, strength, mobility and increasing your emotional well being. Pilates helps reduce stress & improved sleep, whichever class you choose, you will enjoy all of these benefits and more!

## TAI CHI FOR ARTHRITIS

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.

## THE JOY CLUB - NEW!

We are excited to welcome Annie Harvey, TEDx presenter to bring us The JOY Club! A fun uplifting program using deepbreathing, stretching and group laughter activities. A belly workout without the physical stress. Laughter exercise with Annie is light-hearted and fun! Meeting in a judgement free, calm and inviting space, assist-ed towards a meditative state of laughter. Even hesitant guests are quick to find themselves losing their inhibitions to the energy that sweeps across the room. Come along and let happy endorphins go wild! [Click here to book](#)

## 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!

## YOGA + MEDITATION - NEW!

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 a 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.

## YOGA MAMAS

This is just a space where Mama Bears (or Daddy's or Nanny's) + Baby Bears can connect, to breath together, to move together to unwind + just be. As peaceful as this sounds, we also know the chances of bub's being quiet in your moment of zen is unlikely and that is totally fine! Everyone is welcome in this all inclusive class, even those that may not have bubs but just like the sound of this nourishing class. [Click here to book](#)

## YOGA WITH OS

Encouraging participants to focus on breath, alignment, and gentle adjustments, to cultivate inner peace and prana (vital energy) that strengthens and nourishes body, mind, and soul.

## ZUMBA GOLD

This unique approach to Zumba® Fitness that's suitable for ALL levels. The classes follow a truly beginner and injury-friendly format, will go at a more gentle pace and you will enjoy more verbal guidance in the class. You don't need a dance background, all you need is the desire to have fun dancing your way around the world! Zumba® Gold is a lower impact version of the popular Zumba Fitness programme. It is designed for active older adults, beginners to Zumba and those just starting their journey to a fit and healthy lifestyle. [Click here to book](#)