

LET'S GET PHYSICAL

WINTER 2021 PROGRAM 19TH JULY - 24TH SEPTEMBER

Glandore

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ● Pilates Beginners 4.15pm - 5.00pm 	<ul style="list-style-type: none"> ● Heart Foundation Walking Group 8.30am - 9.30am FREE 	<ul style="list-style-type: none"> ● Zumba Gold NEW! 11.00am - 11.45am Continues through school holidays 	<ul style="list-style-type: none"> ● Meditation 2.00pm - 3.00pm 	<ul style="list-style-type: none"> ● Heart Foundation Walking Group 9.00am - 10.00am FREE 	<ul style="list-style-type: none"> ● Yoga 11.00am - 12noon Continues through school holidays
<ul style="list-style-type: none"> ● Pilates 5.00pm - 5.45pm Online + Venue 	<ul style="list-style-type: none"> ● Bend & Stretch 5.00pm - 5.45pm Online + Venue 	<ul style="list-style-type: none"> ● Meditation Night 5.30pm - 6.30pm Online + Venue 5 Week Series 21st July - 18th Aug 	<ul style="list-style-type: none"> ● Yoga 5.00pm - 5.45pm 	<ul style="list-style-type: none"> ● Tai Chi for Arthritis 1.00pm - 1.45pm 	
<ul style="list-style-type: none"> ● Zumba 6.30pm - 7.15pm Online + Venue 5 Week Series 19th July - 16th Aug 	<ul style="list-style-type: none"> ● Boot Camp + Boxing 6.00pm - 6.45pm Join the challenge! 				

● - Each week, pay for 3 exercise classes and get up to 9 additional FREE classes in the same week (Mon-Sat)
*Classes must be of the same value marked by dot.
*Offer only valid once per person, per week.

Trott Park

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ● Yoga 9.30am - 10.15am 	<ul style="list-style-type: none"> ● Werk It! NEW! 9.30am - 10.15am Venue + Online 	<ul style="list-style-type: none"> ● Yoga Mamas 9.15am - 10.00am Continues through school holidays 	<ul style="list-style-type: none"> ● Pilates 9.15am - 10.00am Online + Venue 	<ul style="list-style-type: none"> ● Self Defence NEW! 4.00pm - 4.45pm 5 Week Series Empowering Families 6th Aug - 3rd Sept Bookings on Eventbrite 	<p>REST DAY</p>
<ul style="list-style-type: none"> ● Meditation 1.30pm - 3.00pm 					

Cooina

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ● Dance & Tone 1.00pm - 1.45pm 	<ul style="list-style-type: none"> ● Chi Ball 11.30am - 12.30pm 	<ul style="list-style-type: none"> ● Keep Fit 1.00pm - 2.00pm 	<ul style="list-style-type: none"> ● Fit and Flexible 9.30am - 10.30am Also Tuesdays 	<p>REST DAY</p>	<ul style="list-style-type: none"> ● Yoga 9.30am - 10.30am Continues through school holidays
<ul style="list-style-type: none"> ● Tai Chi for Arthritis 2.30pm - 3.15pm Continues through school holidays 	<ul style="list-style-type: none"> ● Werk It! NEW! 1.00pm - 1.45pm Venue + Online 				
	<ul style="list-style-type: none"> ● Bollywood Fitness 6.00pm - 6.45pm 				

Mitchell Park

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ● Fabulous + Fit, Stand or Sit 11:45am - 12:30pm 	<ul style="list-style-type: none"> ● Heart Foundation Walking Group 9.00am - 10.00am FREE 	<ul style="list-style-type: none"> ● Dance and Tone 10.00am - 10.45am 	<p>REST DAY</p>	<ul style="list-style-type: none"> ● Zumba GOLD 11.15am - 12.00pm Continues through school holidays 	<p>REST DAY</p>
	<ul style="list-style-type: none"> ● Meditation NEW! 1.00pm - 2.00pm 5 Week Series 10th Aug - 7th Sep 			<ul style="list-style-type: none"> ● The JOY Club NEW! 1.00pm - 1.45pm Online + Venue 5 Week Series 6th Aug - 3rd Sep 	

OUR 2021 WINTER 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, girls and all levels.

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 & BOXING - NEW!

This popular class returns 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, boxing skills + overall fitness, all while beating the winter blues!

CHI BALL

Experience the benefits of a weekly Chi Ball class that provides low impact exercise, flowing movement and relaxation. This is a great opportunity to start your day with some gentle exercise that will improve your mobility, coordination, confidence and calm your mind.

DANCE & TONE

Remember the Grape Vine? This low impact class that 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 and the tunes to dance along with.

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

FIT & FLEXIBLE

Have fun while improving your strength, balance, flexibility and fitness with a range of gentle exercises that can be done either sitting or standing or a combination of both. Use of bands and light weights focusing on stretching, balance and breathing. You will feel fabulous!

HEART FOUNDATION WALKING GROUP

A free walking group escorted by a volunteer around the local area. A good introduction to getting your body moving and a perfect way to start your morning!

JOY CLUB - 5 WEEK COURSE

We are excited to welcome back Annie Harvey, TEDx presenter to bring us The JOY Club! A fun uplifting program using deep breathing, 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, assisted 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!

KEEP FIT

Improve your strength and balance with our experienced instructor Evonne. A great role model for active ageing. Suitable for all fitness levels.

MEDITATION

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, water bottle. Suitable for everyone!

PILATES

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

Pilates : 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 wellbeing. Pilates helps reduce stress & improved sleep, whichever class you choose, you will enjoy all of these benefits and more!

SELF DEFENCE: EMPOWERING FAMILIES - 5 WEEK COURSE

Back by popular demand! 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!

STRESS MANAGEMENT

This seated program will focus on a variety of techniques including how to deep breath, stretching for tension releasing, reflexology and movements for flexibility. The session is based on yoga philosophy and covers many aspects of wellbeing and positive thinking. It is designed to help you to relax, improve sleep and energy. It will be an opportunity for you to find the easy technique that works for you to relieve the stresses in your life. Bring your own tennis ball for reflexology.

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.

WERK IT! - NEW!

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 and fun.

YOGA

We have multiple yoga classes across our centres with different instructors. 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 MAMMAS

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.

ZUMBA

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

Zumba® Gold is a lower impact version of the popular Zumba Fitness program. It is designed for active older adults, beginners to Zumba and those just starting their journey to a fit and healthy lifestyle.

WHAT ELSE IS HAPPENING!

To check out any of our new and exciting programs scan our QR code!

We have lots of fun things happening this term and would love to see some familiar and new faces!



FOLLOW US!

Like us on Facebook to stay up to date with all that's happening in your community!

Events, workshops, school holiday programs and more!

@MarionNeighbourhoodCentres

MAILING LIST

Scan the QR code to sign up! Get exclusive access to bookings before the rest of the public know!



SCAN ME