

SPRING 2021 PROGRAM 11TH OCTOBER - 17TH DECEMBER

Glandore

Monday

Pilates

Beginners

4.15pm - 5.00pm

Pilates

5.00pm - 5.45pm Online + Venue

Zumba

6.30pm -7.15pm

Tuesday

Heart Foundation Walking Group

8.30am - 9.30am FRFF

Bend & Stretch

5.00pm - 5.45pm Online + Venue

Boot Camp + Boxing

6.00pm - 6.45pm

Wednesday

Zumba Gold NEW!

11.00am - 11.45am

Zumba Mobility

12.00pm - 12.45pm 5 weeks

Thursday

Meditation

2.00pm - 3.00pm

Yoga

5.00pm - 5.45pm

Friday

Heart Foundation Walking Group 9.00am - 10.00am FREE

Zumba NEW!

9.45am - 10.30am

Saturday

Yoga

11.00am -12noon

Trott Park

Monday

Yoga Flow

9.30am - 10.15am

Tuesday

Boxilates NEW!

1.00pm - 1.45pm

Wednesday

Zumba GOLD NEW!

9.30am - 10.15am

Thursday

Pilates

9.15am - 10.00am Online + Venue

Friday

REST

Saturday

Meditation

1.30pm - 3.00pm

Cooinda

Monday

Dance & Tone

1.00pm - 1.45pm

Tai Chi for **Arthrtitis**

2.30pm -3.15pm

Tuesday

Chi Ball

Mature Ballet **NEW! 5 Weeks**

1.00pm - 1.45pm

Bollywood **Fitness**

6.00pm -6.45pm

Wednesday

Keep Fit

11.30am - 12.30pm 1.00pm - 2.00pm

Thursday

Fit and Flexible 9.30am - 10.30am

Also Tuesdays

- 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.

Friday

REST

DAY

Saturday

Yoga

9.30am - 10.30am

Mitchell Park

Monday

Fabulous + Fit. Stand or Sit

11:45am - 12:30pm

Muslim Womens Fitness

1.00pm - 1.45pm

Tuesday

Heart Foundation Walking Group

9.00am - 10.00am **FREE**

Meditation

1.00pm - 2.00pm

Zumba GOLD 2.30pm - 3.15pm

Wednesday

Dance and Tone 10.00am - 10.45am

Thursday

Pull up a chair Yoga

11.30am - 12.15pm

Zumba GOLD 11.15am - 12.00pm

Friday

Tai Chi for **Arthrtitis**

1.30pm - 2.15pm

Saturday

REST



Pull up a Chair Yoga NEW!

A yoga class especially designed for older adults - accessible, welcoming and easy to follow. An opportunity to practice in a safe and supportive environment as you learn a range of options that allow you to choose what is best for you! The class will include a blend of floor, standing and seated practices to suit all participants and allow you to progress gently. If you would like to improve strength, balance, mobility and learn breathing techniques to cultivate a sense of calm that can be easily integrated into everyday life this is the class for you.

Mitchell Park Neighbourhood Centre, 1 Cumbria Court Thursdays 11.30am - 12.15pm.

\$7.00 per session. Bookings essential.

Muslim Women's Fitness NEW!

This class offers the opportunity for Muslim women to exercise in a safe and private environment. Our experienced female tutor has created a fun and heart pumping workout that can be adapted to your ability.

Mitchell Park Neighbourhood Centre , 1 Cumbria Court Mondays 1.00pm - 1.45pm

\$5.00 per session.
Bookings essential via Eventbrite
http://marioncommunityhubs.eventbrite.com

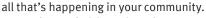
Mature Ballet NEW!

A great way to improve fitness, strength, flexibility, balance, coordination, and mobility. In mature ballet, there is less focus on jumps and turns, and instead focus on beautiful arms, posture, poise, and grace, performed to uplifting ballet music.

Cooinda Neighbourhood Centre, 245 Sturt Road Tuesdays 1.00pm - 1.45pm for 5 weeks. Starting 12th Oct \$7.00 per session. Bookings essential.

WHAT ELSE IS HAPPENING?

To find out more information on any of the following workshops or check out any of our new and exciting programs scan our QR code! Or Like us on Facebook to stay up to date with









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.

Mitchell Park Neighbourhood Centre, 1 Cumbria Court Tuesdays 1.00pm - 2.00pm

\$7.00 per session. Bookings essential.

Boxilates 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!

Trott Park Neighbourhood Centre , 34 Hessing Crecent Tuesdays 1.00pm - 1.45pm

\$7.00 per session. Bookings essential.

Zumba Mobility NEW!

Zumba works the whole body in a fun and encouraging atmosphere! This new class is for people with various mobility issues and has been adapted for every ability and range of motion. Get grooving to the Zumba beat with our very engaging tutor.

Glandore Community Centre, 25 Naldera Street Wednesdays 12.00 - 12.45pm

\$7.00 per session. Bookings essential.

Boot Camp 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-style class with a number of modifications available, you will increase your cardio, strength, core power, resistance, boxing skills + overall fitness.

Glandore Community Centre, 25 Naldera Street Tuesdays 6.00pm - 6.45pm

\$7.00 per session. Bookings essential.

Tai Chi for Arthritis NEW!

A great way to improve fitness, strength, flexibility, balance, coordination, and mobility. In mature ballet, there is less focus on jumps and turns, and instead focus on beautiful arms, posture, poise, and grace, performed to uplifting ballet music.

Cooinda Neighbourhood Centre, 245 Sturt Road Mondays 2.30pm - 3.15pm

or

Mitchell Park Neighbourhood Centre, 1 Cumbria Court Fridays 1.30pm - 2.15pm

\$7.00 per session. Bookings essential.

Pilates Beginners

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.

Then when you are ready, move to the intermediate class straight after!

Glandore Community Centre, 25 Naldera Street Mondays 4.15pm - 5.00pm

\$7.00 per session. Bookings essential.