

LET'S GET PHYSICAL

SPRING 2021 PROGRAM 11TH OCTOBER - 17TH DECEMBER

Glandore

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>● Pilates Beginners 4.15pm - 5.00pm</p>	<p>Heart Foundation Walking Group 8.30am - 9.30am FREE</p>	<p>● Zumba Gold NEW! 11.00am - 11.45am</p>	<p>Meditation 2.00pm - 3.00pm</p>	<p>Heart Foundation Walking Group 9.00am - 10.00am FREE</p>	<p>● Zumba NEW! 9.45am - 10.30am</p>
<p>● Pilates 5.00pm - 5.45pm Online + Venue</p>	<p>● Bend & Stretch 5.00pm - 5.45pm Online + Venue</p>	<p>● Zumba Mobility NEW! 12.00pm - 12.45pm 5 weeks</p>	<p>● Yoga 5.00pm - 5.45pm</p>		<p>● Yoga 11.00am - 12noon</p>
<p>● Zumba 6.30pm - 7.15pm</p>	<p>● Boot Camp + Boxing 6.00pm - 6.45pm</p>				

Trott Park

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>● Yoga Flow 9.30am - 10.15am</p>	<p>● Boxilates NEW! 1.00pm - 1.45pm</p>	<p>● Zumba GOLD NEW! 9.30am - 10.15am</p>	<p>● Pilates 9.15am - 10.00am Online + Venue</p>	<p>REST DAY</p>	<p>REST DAY</p>
<p>Meditation 1.30pm - 3.00pm</p>					

Coolinda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>● Dance & Tone 1.00pm - 1.45pm</p>	<p>Chi Ball 11.30am - 12.30pm</p>	<p>Keep Fit 1.00pm - 2.00pm</p>	<p>Fit and Flexible 9.30am - 10.30am Also Tuesdays</p>	<p>REST DAY</p>	<p>● Yoga 9.30am - 10.30am</p>
<p>● Tai Chi for Arthritis 2.30pm - 3.15pm</p>	<p>● Mature Ballet NEW! 5 Weeks 1.00pm - 1.45pm</p>	<p>● - Each week, pay for 3 exercise classes and get up to 9 additional FREE classes in the same week (Mon-Sat)</p> <p><i>*Classes must be of the same value marked by dot. * Offer only valid once per person, per week.</i></p>			
	<p>● Bollywood Fitness 6.00pm - 6.45pm</p>				

Mitchell Park

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>● Fabulous + Fit, Stand or Sit 11:45am - 12:30pm</p>	<p>Heart Foundation Walking Group 9.00am - 10.00am FREE</p>	<p>● Dance and Tone 10.00am - 10.45am</p>	<p>● Pull up a chair Yoga 11.30am - 12.15pm</p>	<p>● Zumba GOLD 11.15am - 12.00pm</p>	<p>REST DAY</p>
<p>Muslim Womens Fitness 1.00pm - 1.45pm</p>	<p>Meditation 1.00pm - 2.00pm</p>			<p>● Tai Chi for Arthritis 1.30pm - 2.15pm</p>	
	<p>Zumba GOLD 2.30pm - 3.15pm</p>				

EXERCISE Classes



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 all that's happening in your community.

@MarionNeighbourhoodCentres



SCAN ME

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 Crescent

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.