









SOLUTIONS GYM TIMETABLE 2017

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www.solutions4wellbeing.com.au

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	6 - 7am	7 - 8am	8 - 9am	9 - 10am	10 - 11am	11 - 12pm	12-1pm	CLOSED	3.30 - 4pm	4 - 5pm	5 - 6pm	6 - 7pm
Monday	Weight Intervals	Freeform	Weight Intervals	Tabatta	CHILLAX	Freeform	12 - 3.30PM			HIIT	Freeform	Freeform
Tuesday	Fitball	Freeform	TRX	Parkinsons	50s+ Tabatta	Pilates (B)		1 - 2PM		Tabatta 4.30-5.30pm		SleepWell Pilates
Wednesday	Bosu Sets	Freeform	CHILLAX	TRX	Freeform	Freeform	Pilates (G)	1 - 2PM		Boxing	Freeform	Freeform
Thursday	Tabatta	Freeform	Fitball	50s+ Weights	Pilates (G)	Dance Moves 11.15am		1 - 2PM			Freeform	Pilates (G)
Friday	Pilates (G)	Freeform	CHILLAX	Bosu Sets	Freeform			1- 3.30PM		Tabatta 4.30-5.30pm		6pm close
Saturday	Pilates (B) 7.30am	Pilates (I) 8.30am	Freeform	Freeform								

	Freeform		Low Intensity	B = Beginner
	Reduced Supervision		Moderate Intensity	I = Intermediate
	Class, Booking Required		Moderate - High Intensity	

Choose Your Workouts!



Pilates: Postural toneup and stretch run by university-trained Exercise Physiologists (health fund rebates apply)

HeartSmart: Scientifically designed to improve heart health, burn unwanted fat and reduce T2 diabetes risk.

50s+: Scientifically based anti-aging classes to improve bone and muscle strength, balance and body comfort.

Bosu Sets: Elevate your heart rate and tone up with cardio, core and balance exercises on a half ball. **HeartSmart.**

CHILLAX: Chill out and relax using stretch, relaxation and breathing techniques. Designed to de-stress and unwind

Dance Moves: Total body workout practising a variety of dance styles. **HeartSmart.**

Fitball: Challenge your stability to increase muscle tone, core strength and balance

Fitness Testing: Test any aspect of your fitness to create new goals and work towards excellence.

Freeform: Complete your individually designed program with supervisors on hand when needed.

Parkinsons Disease Hero's: Learning to live with Parkinsons in a great and friendly environment.

HIIT: Whole Body High Intensive Interval Training; **HeartSmart.**

Super Sets: Build strength and endurance targeting opposing muscle groups without rest. **HeartSmart.**

Tabatta: Short high-intensity intervals that combines cardio with strength and conditioning; **HeartSmart**

TRX: Use suspension bands and your body weight to improve strength, coordination and stability. **HeartSmart.**

Weight Intervals: Mixture of weight interval training and cardio exercise's to keep you pumped. **HeartSmart**