



S4W FITNESS CLASS TIMETABLE 2018

Phone: (02) 4232 2222 www.solutions4wellbeing.com.au

	6 - 7am	7 - 8am	8 - 8:30am	9 - 10am	10 - 11am	11 - 12pm	12:15 - 1PM	1 - 4	4 - 6	6 - 7pm	
Monday	CIRCUIT				Stretch	Pilates	Pilates	OPEN GYM	CIRCUIT		
Tuesday	Fitball	CIRCUIT		Parkinsons	Russian roulette	Pilates	Pilates	OPEN GYM	Functional Training	Pilates	
Wednesday	CIRCUIT			Stretch	Interval TRX	Pilates	Pilates	OPEN GYM	CIRCUIT		
Thursday	CIRCUIT		Fitball	Russian roulette	Pilates		Pilates	OPEN GYM	Functional Training	Pilates	
Friday	Pilates	CIRCUIT			S4W Balance	Pilates	Pilates	OPEN GYM	CIRCUIT	6pm close	
Saturday	Pilates 7.30am	Pilates 8.30am	OPEN GYM						BOOK NOW ON 02 4232 2222		
KEY:						Low Intensity		Moderate Intensity			

Office Hours are 9am - 5pm Weekdays

Classes suited to all age groups. Choose your classes and workouts!

Pilates: Strengthen, lengthen and release tension; Increase muscle tone, balance, flexibility & relaxation.

Parkinsons Heroes: Improve balance, fitness and flexibility with exercise physiology.

Low Intensity: Relaxing stretch class to lower blood pressure, reduce stress and dramatically increase flexibility over time.

Moderate Intensity: Heart smart Cardio Vascular workouts for all ages, shapes and sizes. Very accommodating fitness classes.

Moderate - High Intensity: For Those who really want lose weight or increase fitness, strength and endurance.

Leaders in Allied Health & Fitness

Kate Watkins & Associates Pty Ltd trading as Solutions For Wellbeing

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HEALTHFUND REBATES MAY APPLY