

Fitness class timetable

Every class supervised by an exercise physiologist or physiotherapist • Mon–Thu 08:00–18:00 • Fri 08:00–17:00

The week

	8am	9am	10am	11am	5pm
Monday		Bone Boost	Strength & Stability		
Tuesday		Heart Health	Stretch		Mat Pilates
Wednesday		Strength & Stability	Bone Boost		
Thursday			Heart Health	Parkinson's Group	Mat Pilates
Friday	Bone Boost	Strength & Stability	Stretch		

What each class is for

- Bone Boost**
Ask reception for details.
- Heart Health**
Focused on your cardiovascular system, and heart and lung health. Ideal for general fitness, or for conditions such as high blood pressure, high cholesterol or diabetes.
- Mat Pilates**
Mat-based Pilates, informed and supervised by an exercise physiologist or physiotherapist.
- Strength & Stability**
Improve muscle mass and bone density, strength and balance. Ideal for general fitness, or for conditions such as osteoarthritis, osteoporosis or diabetes.
- Stretch**
Improve your mobility with dynamic and static stretches, and joint and soft tissue mobilisation. Ideal for general mobility, muscle imbalance or joint pain, or for conditions such as osteoarthritis.
- Parkinson's Group**
A once-weekly exercise and education program designed to improve mobility and cognitive function for people living with a diagnosis of Parkinson's disease.

Gym and class prices

Gym membership

Casual visit	\$30
10-visit gym pass, classes included Expires 12 weeks from first use	\$280
Direct debit membership	\$69.95 per fortnight

Pilates equipment

Casual visit	\$34
10-visit package Expires 12 weeks from first use	\$300
Fortnightly membership	\$75 per fortnight
Pilates equipment + gym membership	\$79.95 per fortnight