



# FITNESS CLASSES 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am – 6.45am Impact 45 mins	9.30-10.15am Move it or lose it 45mins	8.00 – 8.45am Strength 45mins	9.30 -10.15am Move it or lose it 45 mins		10.30-11.15am Move N Groove 45 mins
	10.30-11.15am Aqua Fitness 45mins			10.30-11.15am Aqua Fitness 45mins	
	11.30-12.00pm Fitball 30mins			12.30-1.15pm Aqua Fitness 45mins	
			5.30-6.00pm Fitball 30mins		
	6.15-7.00pm Aqua Fitness 45 mins		6.15-7.00pm Aqua Fitness 45 mins		

Due to hosting the Swimming and Water Safety programs there will be limited access to the change rooms before or after the 10.30am & 12:30pm class. For more information or to make a booking please see our front counter staff or Call 6430 5733 😊 Thankyou.



# FITNESS CLASSES 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00-6.45am Impact 45 mins	9.30-10.15am Move it or lose it 45mins	8.00-8.45am Strength 45mins	9.30-10.15am Move it or lose it 45 mins		10.30 –11.15AM Move N Groove 45 mins
	10.30 11.15am Aqua Fitness 45mins			10.30-11.15am Aqua Fitness 45 mins	
	11.30 12.00pm Fitball 30mins			12.30-1.15pm Aqua Fitness 45 mins	
			5.30-6.00pm Fitball 30mins		
	6.15–7.00pm Aqua Fitness 45mins		6.15–7.00pm Aqua Fitness 45mins		

Due to hosting the Swimming and Water Safety programs there will be limited access to the change rooms before or after the 10.30am & 12:30pm class. For more information or to make a booking please see our front counter staff or Call 6430 5733 😊 Thankyou.

**Over 50's Move it or Lose it Land Based** – Light intensity – An exercise class that is great for the over 50's age group. Offering a range of movement, posture, balance, and of course all while having fun. Session will take place either outside or in the PCYC

**Impact (land based)** – Cardio orientated workouts with a mixture of strength. Suitable for most fitness levels. Work as hard as you want!

**Fitball (land based)** – core exercises which help with balance and coordination as well as tone your body. Suitable for beginner to intermediate

**Strength (land based)**– training to improve muscle strength includes lifting weights or otherwise increasing resistance against which you work and improving general fitness. These classes will include the use of barbells, dumbbells, and kettlebells. Want to learn something new, give this one a go!

**Move n Groove (land based)**– Get your groove on a Saturday morning. Join Claire as she dances and moves to an array of upbeat tunes. She will have you all jiving in no time. No experience needed. Lots of fun!!

**Aquatic Fitness** - Individuals work at intensity they desire - A combination of water-based strength and cardio exercises. Gentle on the joints while giving you a great workout which helps with posture, stability, and muscle strength

*Bookings are essential as class numbers are capped 6430 5733*

**Over 50's Move it or Lose it Land Based** – Light intensity – An exercise class that is great for the over 50's age group. Offering a range of movement, posture, balance, and of course all while having fun. Session will take place either outside or in the PCYC

**Impact (land based)** – Cardio orientated workouts with a mixture of strength. Suitable for most fitness levels. Work as hard as you want!

**Fitball (land based)** – core exercises which help with balance and coordination as well as tone your body. Suitable for beginner to intermediate

**Strength (land based)**– training to improve muscle strength includes lifting weights or otherwise increasing resistance against which you work and improving general fitness. These classes will include the use of barbells, dumbbells, and kettlebells. Want to learn something new, give this one a go!

**Move n Groove (land based)**– Get your groove on a Saturday morning. Join Claire as she dances and moves to an array of upbeat tunes. She will have you all jiving in no time. No experience needed. Lots of fun!!

**Aquatic Fitness** - Individuals work at intensity they desire - A combination of water-based strength and cardio exercises. Gentle on the joints while giving you a great workout which helps with posture, stability, and muscle strength

*Bookings are essential as class numbers are capped 6430 5733*