



GROUP FITNESS/GYM TIMETABLE

AUTUMN 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30AM						YOGA
9.00AM	ABT	FUNCTIONAL STRENGTH		FUSION FIT	SWEAT	PILATES
9.15AM	VINYASA YOGA	ACTIVE + CIRCUIT	FITBALL	ACTIVE + AEROBICS	ACTIVE + CIRCUIT	
10.30AM	FIT4LIFE				FIT4LIFE	
4.30PM		SWEAT	ABT	FUNCTIONAL STRENGTH		
5.30PM		RETRO-ROBICS	PILATES			

 THE MEZZANINE

 COURTS

 GYM

Important: Please arrive 10 minutes prior to the class commencing to allow time for setup. There is strictly no admittance to the class after commencement for safety reasons. As a courtesy to the class, do not leave until the class has finished. Please note no classes are schedule on public holidays.

 EXTERNAL INSTRUCTORS

For more information or to book in for **Yoga** please contact Susie McLachlan: 0421 276 718

For more information or to book in for **Pilates** please contact Margaret-Ann Shuttleworth: shuttl_bo@bigpond.com 0417 935 613

For more information or to book in for **Retro-robics** please contact Di Hollet: 0431 184 436



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Our **Fit 4 Life Gym** program is designed for Senior participants who are looking for an independent program tailored to their individual needs. Our Qualified Personal Trainers will assess, curate and deliver a program within a Gym group setting. These programs promote mobility, strength and balance in a relaxed and social environment.

ACTIVE + CIRCUIT

Active + Circuit is designed for our Senior participants who enjoy exercise variety and the fun and social energy that comes along with group training. Combining functional strength and cardiovascular training, we use a range of free weights, fitballs and resistance equipment to provide a low impact full body workout tailored to your fitness abilities.

ACTIVE + AEROBICS

Active + Aerobics has been developed as a great alternative for Aqua lovers! Designed to build on the benefits of Aqua training, this class will continue to increase fitness and strength with little impact on joints. This class is excellent for all fitness levels.

SWEAT

Get ready to work up a sweat and push your limits! Our **Sweat** class is ever changing, helping you achieve results faster. With a mixture of strength and cardiovascular training you will build muscle and burn calories. Intensity rating: High

ABT

This popular class is dedicated to sculpting and toning your Ab's, Butt's and Thigh's. Although a moderate intensity session, the use of resistance bands and weights to specifically target these areas will have you working up a sweat and feeling the burn!

FITBALL

Fitball offers a new, fun way to challenge your body with a different style of training. Exercising with the fitball provides a low impact, full body strength and conditioning workout that improves core strength, posture and balance. You can expect a fun filled class full of laughs while we master the moves on the exercise ball together. Class caters to all fitness levels and abilities.

FUNCTIONAL STRENGTH

Feel stronger and move better with our **Functional strength** class. This class is designed with efficiency of training in mind, offering a 45-minute session targeting the whole body. Combining a variety of functional exercises inspired by daily movements, we target several areas of the body at once, promoting muscle growth and definition, while burning fat and improving overall wellbeing in a shorter amount of time.

FUSION FIT

Expect the unexpected! **Fusion Fit** offers variety and spice to your training week. You will be put through your paces with a different class style running for 3 weeks. Focusing on progressive overload and technique, this class will optimise results. Intensity rating: Moderate to High

RETRO-ROBICS

Aerobics as you used to know it... And if you didn't know it, you're in for a fun workout! Groove and 'Moove' your way to fitness to great music and moves easy to master. To find out more Call Di on : 0431 184 436 Facebook: Bridgetown Personal Training.

YOGA

A dynamic flowing yoga practice linking mindful movement to the breath and each posture. Contact Susie for enquiries/ bookings : 0421 276 718