



Fitness Centre Classes

Monday's:

Marv's Morning Bootcamp

(Boost your strength and functional fitness with a range of exercises. Heaps of fun!)

6:00am — 6:45am

Re-Activate with Marv

(Low impact class, suitable for all abilities. Parents are welcome to bring children along; Playroom open.)

9:30am — 10:45am

Tuesday's:

Stretch & Flex with Vicki

(Increase flexibility and mobility with slow moving range of motion stretching. Suitable for all abilities)

9:30am — 10:15am

Box'n Burn with Adele

(Cardio focused boxing principles, including skipping, pad and bag work and core exercises. Suitable for all abilities.)

6:00pm — 6:45pm

Wednesday's:

Metafit with Cindus

(High intensity interval training. Great for increasing metabolic rate and overall fitness.)

6:00pm — 6:30pm

Core Foundations with Cindus

(Core, pelvic, hip and lower back strengthening using a functional approach. Suitable for all abilities)

6:30pm — 7:15pm

Thursday's:

Stretch & Flex with Vicki

(Increase flexibility and mobility with slow moving range of motion stretching. Suitable for all abilities)

9:30am — 10:15am

Marv's Evening Bootcamp

(Boost your strength and functional fitness with a range of exercises. Heaps of fun!)

6:00pm — 6:45pm

Friday's:

Metafit with Cindus

(High intensity interval training. Great for increasing metabolic rate and overall fitness.)

9:00am — 9:30am

Core Foundations with Cindus

(Core, pelvic, hip and lower back strengthening using a functional approach. Suitable for all abilities)

9:30am — 10:00am

All classes are FREE for Fitness Centre members or \$7 per person, per class. Concession cards also available: \$50 for 10 classes

