

DAY	DATE	ACTIVITY	INSTRUCTOR	LOCATION
THURSDAY	FEBRUARY 6	LOW IMPACT AEROBICS	MONIQUE	STUDIO 1
TUESDAY	FEBRUARY 11	DEEP WATER WITH NOODLES	KATHERINE	30M POOL
THURSDAY	FEBRUARY 13	THROWDOWN (CARDIO/POWER)	JOHANNA	STUDIO 2
TUESDAY	FEBRUARY 18	AQUA CIRCUIT STYLE	NAO	50M POOL
THURSDAY	FEBRUARY 20	SIT AND FIT	MICHELLE	STUDIO 2
TUESDAY	FEBRUARY 25	AQUA CARDIO (DEEP)	KATHERINE	30M POOL
THURSDAY	FEBRUARY 27	BODYPUMP	JOHANNA	STUDIO 2
TUESDAY	MARCH 4	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	MARCH 6	PILATES	MICHELLE	STUDIO 2
TUESDAY	MARCH 11	THROWDOWN (CARDIO/POWER)	JOHANNA	STUDIO 2
THURSDAY	MARCH 13	SIT AND FIT	MICHELLE	STUDIO 2
TUESDAY	MARCH 18	AQUA 4 ALL	NAO	50M POOL
THURSDAY	MARCH 20	PILATES	MICHELLE	STUDIO 2
TUESDAY	MARCH 25	AQUA CARDIO (DEEP)	KATHERINE	30M POOL
THURSDAY	MARCH 27	BODYPUMP	MONIQUE	STUDIO 2
TUESDAY	APRIL 1	DEEP WATER WITH NOODLES	KATHERINE	30M POOL
THURSDAY	APRIL 3	YOGA	ANNA	STUDIO 2
TUESDAY	APRIL 8	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	APRIL 10	STEP LITE	JOHANNA	STUDIO 2
TUESDAY	APRIL 15	AQUA CIRCUIT STYLE	NAO	50M POOL
THURSDAY	APRIL 17	SHAPES	MONIQUE	STUDIO 2
TUESDAY	APRIL 22	AQUA CARDIO	NAO	50M POOL
THURSDAY	APRIL 24	LOW IMPACT AEROBICS	MONIQUE	STUDIO 1

WHAT IS ENERGYWISE?

Our Energywise exercise program is the perfect fitness solution for over 50s, designed to help you improve your physical health while giving you the chance to socialise with like-minded people.

The program involves cross-training techniques in the water and on land, allowing you to try a range of different classes in a safe, supervised and supportive environment.

WHY SHOULD I TRY IT?

Energywise is ideal for seniors of all fitness levels and every class can be tailored to suit your abilities.

Regular exercise can help you:

- Build your strength and endurance
- Improve your quality of life and delay the ageing process
- Reduce the risk of serious health complications
- Improve your energy level and lower stress

NEW CLASS: SHAPES

A blend of pilates, sculpt and power yoga. With small, controlled movements, you'll sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.

HOW MUCH IS IT?

- \$12 per casual session
- \$204 for a 20 session multi-entry card
- \$27.50 for your fitness appraisal (normally \$60)

IS ENERGYWISE INCLUDED IN MEMBERSHIPS?

Yes! Plus, if you have a valid Senior/Pensioner card you can save 20% off full access memberships or sign up for our discounted Off-Peak membership.

HOW DO I JOIN?

Simply turn up 15 minutes before the class and enrol. You will need to bring a medical clearance from your G.P. We also recommend you book a fitness appraisal with our gym staff prior to starting Energywise.

Please remember to:

- Wear comfortable clothing
- Wear closed-in shoes
- Bring a water bottle and sweat towel
- Bring a towel and bathers to aqua classes
- Bring a mat for Yoga, Bodybalance and Pilates

For more information, talk to our Gym Team or call 9273 6087.