

DAY	DATE	ACTIVITY	INSTRUCTOR	LOCATION
TUESDAY	JULY 16	AQUA 4 ALL	NAO	INDOOR POOL
THURSDAY	JULY 18	PILATES	MICHELLE	STUDIO 2
TUESDAY	JULY 23	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	JULY 25	LOW IMPACT AEROBICS	MONIQUE	STUDIO 1
TUESDAY	JULY 30	AQUA ZUMBA	NAO	50M POOL
THURSDAY	AUGUST 1	SIT AND FIT	MICHELLE	STUDIO 2
TUESDAY	AUGUST 6	AQUA CARDIO	KATHERINE	50M POOL
THURSDAY	AUGUST 8	THROWDOWN (CARDIO/POWER)	JOHANNA	STUDIO 2
TUESDAY	AUGUST 13	BODYBALANCE	JOHANNA	STUDIO 2
THURSDAY	AUGUST 15	BODYPUMP	JOSH	STUDIO 2
TUESDAY	AUGUST 20	AQUA 4 ALL	NAO	50M POOL
THURSDAY	AUGUST 22	STEP LITE	JOHANNA	STUDIO 2
TUESDAY	AUGUST 27	PILATES	MICHELLE	STUDIO 2
THURSDAY	AUGUST 29	LOW IMPACT AEROBICS	MONIQUE	STUDIO 1
TUESDAY	SEPTEMBER 3	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	SEPTEMBER 5	YOGA	ANNA	STUDIO 2
TUESDAY	SEPTEMBER 10	AQUA 4 ALL	NAO	50M POOL
THURSDAY	SEPTEMBER 12	THROWDOWN (CORE/STABILITY)	JOHANNA	STUDIO 2
TUESDAY	SEPTEMBER 17	AQUA CARDIO	KATHERINE	50M POOL
THURSDAY	SEPTEMBER 19	SIT AND FIT	MICHELLE	STUDIO 2
TUESDAY	SEPTEMBER 24	BODYPUMP	JOHANNA	STUDIO 2
THURSDAY	SEPTEMBER 26	YOGA	ANNA	STUDIO 2
TUESDAY	OCTOBER 1	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	OCTOBER 3	ABS BUTTS THIGHS	JOHANNA	STUDIO 2
TUESDAY	OCTOBER 8	AQUA CIRCUIT STYLE	KATHERINE	50M POOL
THURSDAY	OCTOBER 10	BODYPUMP + 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: SIT AND FIT

This chaired based exercise program utilises hand weights, resistance bands and your own body weight to build strength, stability and mobility.

### 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.