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| **MONDAY** |  |  |
| 9AM | PILATES MAT | LISA |
| 12PM | STRENGTH 4 LIFE | LISA |
| 4PM | CARDIO-METABOLIC | MITCH |
| 5PM | SUPERVISED SESSION | MITCH |
| 6PM | STRENGTH 4 LIFE | GEMMA |
| **TUESDAY** |  |  |
| 11AM | SUPERVISED SESSION | MITCH |
| 3:30PM | BALANCE & AGILITY | MITCH |
| **WEDNESDAY** |  |  |
| 11AM | PILATES MAT | ZOE |
| 12PM | STRENGTH 4 LIFE | MITCH |
| 5PM | SUPERVISED SESSION | MITCH |
| 6PM | PILATES MAT | ZOE |
| 7PM | PILATES MAT | KATE |
| **THURSDAY** |  |  |
| 11AM | SPINE | MITCH |
| 3:30PM | BALANCE & AGILITY | MITCH |
| 4:30PM | BALANCE & AGILITY | GEMMA |
| **FRIDAY** |  |  |
| 3PM | PILATES MAT | MITCH |
| 4PM | CARDIO-METABOLIC | MITCH |
| **SATURDAY** |  |  |
| 7:30AM | SUPERVISED SESSION | MITCH |
| 8:30AM | STRENGTH 4 LIFE | MITCH |

9 April 2021

**Membership options:** \*\*Rebates for allied health directed exercise classes via code 502 and 560\*\*

*Premium Member*: $39/week= 3 classes/week, independent access to studio  
*Standard Member*: $29/week, 2 class/week, independent access to studio  
*Casual Class Access*: $29/class *Studio Access Only*: $20/week Personal Trainer/ Personal Physio: $120/hour

**Class Explanation:**  
Pilates Mat: Moderately fit people who want floor-based exercise (on padded mat) for spinal stability/mobility   
Strength for Life: Low to moderately fit people using machine and free weights  
Spine: Those with sore backs who want gentle mat based spinal stretching/strengthening

Core Class: Those with modest to high levels of fitness who need a challenge with focus on spinal strength  
Supervised Sessions: For those with their own program needing supervision/advice/progressions of exercise  
Balance & Agility Class: Suitable for those with poor balance and a history of falls or near falls.

**Hygiene and safety:** Bring a towel, water bottle, slip free socks. Wipe equipment after use. Hand sanitizer supplied.