

New Year Cardio Classes

(January 4th – 23rd)

(All classes must be booked and paid for in advance)

Monday 4th 11th and 18th - 9.30 – 10.15am – Circuit and Spin
10.30 – 11.15am – Evergreens (50+ Shape and Tone)
6.00 – 6.45pm – Spinning (New Class)

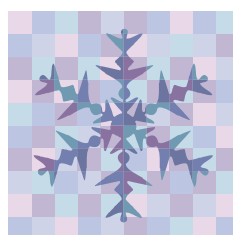
Tuesday 5th 12th and 19th - 6.30 – 7.30pm – Total Body Conditioning

Wednesday 6th 13th and 20th - 9.30 – 10.15am – Legs, Bums and Tums
10.30 – 11.30am – Pilates Based Exercises
6.00 – 6.45pm – Spinning

Thursday 7th 14th and 21st - 9.30 – 10.30am – Step and Abs.
10.30 – 11.30am – Evergreens (50+ Heartfit)
6.00 – 6.45pm – Spinning
7.00 – 8.00pm – Total Body Conditioning

Friday 8th 15th and 22nd – 9.15 – 10.00am – Spinning
10.30 – 11.30am – Stretch and Sculpt
11.30 – 12.30pm – Pilates Based Exercises

Saturday 9th 16th and 23rd – 9.15 – 10.00am – Spinning



HAPPY NEW YEAR

