

# St Georges Place Class Timetable 2023



Time	Class	Instructor	Gym use allowed
<b>MONDAY</b>			
09:30 - 10:00	Gym Circuit	Kevin	Yes
<b>TUESDAY</b>			
09:30 - 10:30	Aqua	Kevin	Pool/ wet side - No
14:30 - 15:00	Better Balance	Kevin	Yes
<b>WEDNESDAY</b>			
09:30 - 10:00	Chair Exercise	Kevin	Yes
14:30 - 15:00	Aqua	Kevin	Pool/wet side - No
<b>THURSDAY</b>			
09:30 - 10:00	Better Balance	Kevin	Yes
10:15-10:45	Aqua	Kevin	Pool/wet side - No
12:45 -13:15	Core Care	Kevin	Yes
<b>FRIDAY</b>			
09:30 - 10:30	Aqua	Kevin	Pool/wet side - No

Advance booking required and subject to availability.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.  
(Additional charges will apply)

Pool Closure – Owners swim: Monday, Tuesday, Thursday and Saturday 3pm-4pm  
Friday 1pm-2pm,  
Wednesday and Sunday 11.30am-12.30pm  
Friday pool closed for maintenance 2pm-4pm

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### AQUA

Water-based class using the constant water resistance and reducing impact on joints that water provides. Working on muscle tone and range of movement.

### BETTER BALANCE

Focusing on improving balance, posture, core stability and body awareness. Exercises can be modified for all abilities.

### CHAIR FITNESS

Get active - from the comfort of a chair. Gentle seated exercises to help improve circulation, flexibility and strengthen muscles and joints; helping maintain mobility.

### CIRCUITS

A class working the whole body as well as your heart and lungs, exercises can be made easier or harder depending on your needs.

### CORE CARE

Class designed to build core stability while improving posture and strengthen the abdomen and back muscles. Exercises can be made easier or harder depending on your needs.

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