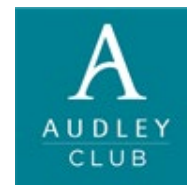


# Mote House

## Class Timetable

### 2023



Time	Class	Instructor	Gym use allowed
MONDAY			
10:00 - 10:30	Seated Exercise	Phillipa	Yes
11:45– 12:30	Pilates	Kim	Yes
17:00 – 17:45	Aqua Fit	Phillipa	Pool/ wet side – No
TUESDAY			
10:00 – 10:45	Aqua Therapy (Owners only)	Phillipa	Pool/ wet side - No
11:00 – 11:30	Zumba Gold	Phillipa	Yes
11:30 – 12:15	Aqua Fit	Cate	Pool/wet side - No
WEDNESDAY			
10:00 – 10:45	Pilates	Phillipa	Yes
15:15 – 1600	Aqua Fit	Cate	Pool/wet side - No
THURSDAY			
09:30 – 10:15	Aqua Fit	Cate	Pool/wet side – No
11:00-11:30	Seated Exercise	Phillipa	
FRIDAY			
09:30 – 10:15	Aqua Fit	Phillipa	Pool/wet side – No
11:30 – 12:00	Walking group – meet outside Mote House	Phillipa	Yes
14:00 – 14:45	Strength & Stretch	Phillipa	Yes
SATURDAY			
09:00 – 09:45	Pilates	Kim	Yes
10:00 - 10:45	Pilates	Kim	Yes
SUNDAY			

Advance booking required and subject to availability. Book online via Smoothbook to use the gym, pool, and for classes.

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)



# Mote House

# Class Timetable

## 2023

### AQUA FIT

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

### AQUA THERAPY

A gentle water-based class focussing more on balance, flexibility and strength.

### SEATED EXERCISE

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

### PILATES

This concentrates on developing the strength of the core stability muscles and in doing so improves posture alignment, flexibility, endurance and strength.

### EXERCISE TO MUSIC

An outdoor class exercising to music, lifting your mood, breathing in fresh air and getting an all over workout.

### ZUMBA GOLD

A low impact dance class with Latin American style music incorporating dances like merengue and salsa. Every class is fun and with Zumba Gold being specifically designed for older adults, it includes balance and strength work.

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