

# COMMUNITY GROUP FITNESS



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# GROUP FITNESS TIMETABLE

Starting 7 February 2022

## PRICE:

Rest Haven/CHSP funded access: \$5



Supervised strength training program designed for those 50Y+



Fit ball and mat work focusing on improving core and strength



Low impact aerobic exercise to build strength, balance and flexibility



A class utilising some chair-based exercises with hand weights to build strength and balance

## GOOLWA RESTHAVEN OFFICE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am		Active Stretch		Active Stretch	Keep Fit
10:00am		Strength & Balance	Keep Fit	Strength & Balance	Strength & Balance
11:00am			Strength & Balance		

Goolwa Resthaven Office, 1 Loveday Street, Goolwa SA 5214, Ph: 8574 5111



## STRATHALBYN LIBRARY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	Strength & Balance			Strength & Balance	

1 Colman Terrace, Strathalbyn 5255

Please note that the class timetable is subject to change based on attendance, demand, instructors and on the health advice of the South Australian Government.