

COMMUNITY GROUP FITNESS



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GROUP FITNESS TIMETABLE

PRICES:

- \$5** CHSP funded access
- \$8** Strength for Life
- \$10** Group classes
- \$11** Aqua Fit (no CHSP)



Aqua Fit

Water resistance training; low impact aerobic exercise



STRENGTH for life 50+

Supervised strength training program designed for those 50Y+



Active Stretch

Fit ball and mat work focusing on improving core and strength



Keep Fit

Low impact aerobic exercise to build strength, balance and flexibility



Strength & Balance

Aimed at frailer people utilising chair based exercises to build strength, flexibility

GOOLWA HUB

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am		Active Stretch	Keep Fit	Active Stretch	Keep Fit
9:30am	STRENGTH for life 50+				
10:00am		Strength & Balance	Strength & Balance		Strength & Balance
10:30am	Keep Fit				
11:00am					STRENGTH for life 50+

GOOLWA COMMUNITY HUB: Goolwa Terrace, Goolwa SA 5214

STRATHALBYN*

* Aqua available until the season ends on 25 April 2021.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	Strength & Balance			Strength & Balance	
10:30am				Strength & Balance	
11:00am	Aqua Fit				Aqua Fit

DRY CLASSES: Lutheran Church Hall, 2 Commercial Rd, Strathalbyn SA 5255

AQUA FIT: Strathalbyn Outdoor Pool, Colman Terrace, Strathalbyn SA 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.