

COMMUNITY GROUP FITNESS CLASSES

GOOLWA OVAL RECREATION PRECINCT



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GROUP FITNESS TIMETABLE

Starting 4 July 2022

PRICE:

\$12 per class

\$8 Strength for Life class



Supervised strength training program designed for those 50Y+. \$30 assessment required before commencing classes



Fit ball and mat work focusing on improving core and strength



Low impact aerobic exercise to build strength, balance and flexibility

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	 Strength for Life		 Strength for Life		
10:30am	 Keep Fit		 Active Stretch		

Goolwa Oval Recreation Precinct, Goyder Street, Goolwa

For enquiries contact
Tammy 08 7078 4155

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.