

# GROUP FITNESS CLASSES

RESTHAVEN



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# GROUP FITNESS TIMETABLE

Starting 4 July 2022

## PRICE:

Resthaven/CHSP funded access: \$6



**Active Stretch**

Mat work focusing on improving core and strength



**Keep Fit**









Low impact aerobic exercise to build strength, balance and flexibility



**Strength & Balance**

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		 <b>Active Stretch</b>		 <b>Active Stretch</b>	 <b>Keep Fit</b>
10:00am		 <b>Strength &amp; Balance</b>	 <b>Keep Fit</b>	 <b>Strength &amp; Balance</b>	 <b>Strength &amp; Balance</b>
11:00am			 <b>Strength &amp; Balance</b>		

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



## STRATHALBYN RESTHAVEN OFFICE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	 <b>Strength &amp; Balance</b>			 <b>Strength &amp; Balance</b>	

9 Rankine Street, Strathalbyn 5255, Ph: 8536 8737

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.