


## Corryong Health & Fitness – Class Timetable April 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4am							
5am							
6am		<b>S&amp;C</b> 6:30am – 7:15am Paula		<b>Total Body Compound</b> 6:30am – 7:15am Taryn	<b>Full Body Fusion</b> 6:00am – 6:45am Tahnia		
7am		<b>S&amp;C</b> 7:30am – 8:15am Paula		<b>Total Body Compound</b> 7:30am – 8:15am Taryn	<b>Full Body Fusion</b> 7:00 – 7:45am Tahnia		
8am							
9am		<b>S&amp;C</b> 9:00am – 9:45am Paula		<b>Total Body Compound</b> 9:00am – 9:45am Taryn			
10am			<b>Modified HIIT</b> 10:15am – 11:00am Kerry	<b>Strong People Stay Young</b> – Trinity 10:00am – 11:00am			
11am	<b>Backs &amp; Bellies</b> (Swiss Ball) - Liz 11:00am – 12:00pm	<b>Yoga for Vitality</b> 11:00am – 12.15pm Kerry (Event Centre)		<b>Yoga for Vitality</b> 11:00am – 12.15pm Kerry (Event Centre)			
12pm	<b>Fit 4 Life</b> – Jacinta (by referral) 12:15pm- 1:00pm		<b>Healthy Start</b> 12:15pm – 1:00pm Jacinta				
1pm	<b>Strong People Stay Young</b> - Brenda 1:00pm – 2:00pm						
2pm					<b>NOTICEBOARD</b> To join the Gym call 02 6076 2486 or Corryong Health on 02 6076 3200. Please check out our Facebook page for current information at Corryong Health & Fitness Centre.  <b>Bookings via</b> <a href="https://www.picktime.com/corryonghealthandfitness">https://www.picktime.com/corryonghealthandfitness</a>  		
3pm	<b>Q.H.A</b> 3:45pm – 4:20pm Taryn						
4pm	<b>Q.H.A</b> 4:40pm – 5:15pm Taryn		<b>HIIT 40</b> 4:00pm – 4:40pm Tahnia				
5pm	<b>Q.H.A</b> 5:30pm – 6:05pm Taryn	<b>Yoga to the Core</b> 5:00pm – 5:45pm Mary	<b>HIIT 40</b> 5:15pm – 5:55pm Tahnia				
6pm							
7pm – 11pm							

## COVID restrictions in place:

- You must bring a towel and full drink bottle to every session. No towel, no workout.
- Please remain 1.5m apart from other members.
- At classes you will be given a sanitiser spray bottle and cloth to clean equipment.
- At Open Gym sessions, please use the sanitation wipes located around the gym floor to clean the equipment after use.

## Group Fitness Programs:

- If you have any medical conditions or any pre-existing injuries, please be sure to seek medical clearance from your GP and/or Allied Health Professional. If you have any questions regarding the sessions, please the instructor prior to commencement of class or message us on Facebook.
- **Open Gym:** One-hour gym sessions to work on your own program and utilise all equipment within the gym. Bookings are essential due to COVID restrictions with 10 people per session, per hour.
- **Q.H.A:** A tornado of functional exercises, short intervals with short periods of rest. You will constantly be moving in this 35-minute session. Expect all the major muscle groups to be taxed during this session and high heart rate. This is our most efficient session.
- **S&C:** Our S&C sessions are time-based sets rolled into a circuit. Our training methodology is designed to enable a stronger and more dynamic boxing body as it's principle. Again, you can expect major muscle groups being taxed and full body work-outs. We believe these sessions have huge benefits to our team.
- **HIIT 40:** A fun and exciting mix of both cardiovascular and resistance challenges ideal for toning, fat burning and muscle conditioning. This class runs for 40 minutes.
- **Modified HIIT:** Is all about toning, fat burning and cardiovascular training using low impact moves. Great if you are getting back into the gym. A great class for our mature members.
- **Backs and Bellies:** Strengthening the core including the back, abdominal and pelvic floor muscles whilst working on improving general tone, flexibility and balance. Run by Liz the Physio.
- **Total Body Compound:** A total body workout to increase strength by using compound body movements with the barbells, weights and dumbbells. A strength class that will get your heart rate going and muscles burning by using major muscle groups.
- **Yoga for Vitality:** Recovering from illness or injury or an introduction to yoga, this class is designed to increase vitality and focus on strength, balance, flexibility and wellbeing. Use of props such as chairs, steps and blocks to enable participation by all levels of activity and experience.
- **Yoga to the Core:** Strengthen, tone and condition your stomach, butt and thighs with this yoga class with a cool down and pranayama session at the end.
- **Full Body Fusion:** Fuses together cardio movements and body sculpting to leave your body feeling strong. Total strengthening workout mixed with cardio to strengthen your muscle groups.

## Therapeutic Programs:

- **Healthy Start:** A fun class for over 50's men and women using a range of equipment and weights to improve fitness, strength and flexibility. A great beginner class too.
- **Fit for Life:** Work on your own personal exercise program designed by the Exercise Physiologist Jacinta, in a group setting. Ideal for people with Diabetes or other chronic issues. Make sure to book in with Jacinta.
- **Strong People Stay Young:** Strength training program, ideal for people 50+ years. Helps to build stronger bones and maintain strength.