



Aqua Over 50's



Monday 8.00am – 9.00am

Wednesday 8.00am – 9.00am

Don't be put off the Over 50s tag – Aqua is suitable for all ages and fitness levels – you can work at your own pace and ability.

Come and enjoy an hour of fun, experiencing the benefits of water and fitness. Feel totally supported while you exercise and increase your cardiovascular levels, flexibility, balance and coordination.

The benefits:

- ❖ Enhances morale, confidence and mental alertness
- ❖ Improve body posture
- ❖ Improve circulation
- ❖ Revives flexibility of muscles
- ❖ Strengthens muscles
- ❖ Generates resistance to fatigue and improves endurance
- ❖ Stimulates enjoyment of life.

Please bring a water bottle and a change of clothes.

Living Longer, Living Stronger (LLLS)

Monday 9.30am – 10.30am

Wednesday 9.30am – 10.30am

LLLS provides supervised strength training activities specifically designed for people over 50 to build muscle mass and increase bone density as well as improve strength, balance, gait, flexibility and co-ordination.

Before taking part in the program, each participant is individually assessed and a program is tailored to their specific needs. Please ask at reception for an appointment.

The benefits:

- ❖ Build muscle mass and strength
- ❖ Preserve bone density
- ❖ Improve balance and co-ordination
- ❖ Assist in the management of Type-2 diabetes
- ❖ Decrease arthritic inflammation
- ❖ Improve heart conditioning
- ❖ Exercise is an effective anti-depressant
- ❖ Provides an opportunity to socialise.

Please bring a towel and water bottle.

Wear cool clothing and supportive shoes.

WAROONA GROUP FITNESS PROGRAM 2008

Day	Time	Class	Instructor
Monday	6.00am – 7.00am	Give Me 5	Deb
	8.00am – 9.00am	0/50s Aqua	Deb
	9.30 – 10.30am	LLLS	Deb
Tuesday	9.00am – 10.00am	Animate	Hayley
	10.15am – 11.15am	Pilates	Hayley
Wednesday	6.00am – 7.00am	Give Me 5	Deb
	8.00am – 9.00am	0/50s Aqua	Deb
	9.30am – 10.30am	LLLS	Deb
Thursday	9.00am – 10.00am	Animate	Hayley
	10.15am – 11.15am	Pilates	Hayley
Friday	9.00am – 10.00am	Step Attack/Animate	Hayley

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FITNESS CLASS DESCRIPTIONS

Give Me 5



Monday 6.00am – 7.00am

Wednesday 6.00am – 7.00am

This class covers the Components of Physical Fitness.

- ◇ Strength
- ◇ Sustained Strength
- ◇ Stamina
- ◇ Suppleness
- ◇ Shape

Structured into a fun class. Suitable for all fitness levels. A gentle reminder to “use it before you lose it”. Many of the troubles of later life are due to disuse and not disease.

The benefits:

- ◇ Address personal goals.
- ◇ Motivation and tools to program your mind and body.
- ◇ Ways to enjoy and try out new equipment.
- ◇ Achieve better long-term results in personal Total Fitness.
- ◇ To have fun and work safely.

Please bring a towel and water bottle.

Wear cool clothing and supportive shoes.

Animate



Tuesday 9.00am – 10.00am

Thursday 9.00am – 10.00am

One of the most popular classes of all time. An exciting class using dumbbells and resistance equipment. Animate provides fast results in an atmosphere of energy, motivation and fun. Animate is suitable for men and women at all levels of fitness, is low impact and simple but effective!!!

Develops:

- ◇ Strength
- ◇ Muscular endurance
- ◇ Burns lots of calories

Please bring a towel and water bottle.

Wear cool clothing and supportive shoes.

Yoga



Please register your interest at reception if you are interested in yoga classes.

Pilates



Tuesday 10.15am – 11.15am

Thursday 10.15am – 11.15am

The Pilates method is a unique training system. Using concentration and aimed movements to achieve inner strength, physical endurance, muscular tone, flexibility, grace and well-being. Pilates is suitable for all ages and all fitness type.

Pilates is aimed at giving you a healthy, well balanced body as a whole package, consisting of body, mind and soul.

Our Pilates offers levels, so for the beginner, level 1 and so on. We have some new equipment, which is suitable for all levels, to make the classes more enjoyable and challenging, with you leaving the class feeling more flexible, centred, relaxed and ready for life's challenges.

Develops:

- ◇ Concentration
- ◇ Inner strength
- ◇ Physical endurance
- ◇ Muscle tone, flexibility & grace
- ◇ Well being

Please bring a towel and water bottle.

Wear cool clothing and supportive shoes.

Step Attack/ Animate



Friday 9.00am – 10.00am

Is an energetic class using the principles behind step aerobics, with some martial arts. The advantage of this class is you can choose to use your step or not, so beginners and enthusiasts can enjoy a great work-out.

This class is all pre-choreographed so for the beginners it doesn't take long to know the class routine. We have 30 minutes of Step Attack and then we have incorporated Animate for the final 30 minutes to give you the all over work-out.

Develops:

- ◇ Cardio fitness
- ◇ Aerobic fitness
- ◇ Muscle strength & endurance
- ◇ Burns lots of calories

Please bring a towel and water bottle.

Wear cool clothing and supportive shoes.