

# ENERGYWISE PROGRAM

TERM 1 2018 | 1.00-2.15pm



WEEK	DATE	ACTIVITY	INSTRUCTOR	LOCATION
<b>ONE</b>	Tuesday 6th February	Aqua Fitness	Nao	<b>50M Pool</b>
	Thursday 8th February	Throwdown Cardio/Power	Elaine	<b>Studio 2</b>
<b>TWO</b>	Tuesday 13th February	Aqua Circuit	Tanja	<b>50M Pool</b>
	Thursday 15th February	Step Lite	Johanna	<b>Studio 2</b>
<b>THREE</b>	Tuesday 20th February	Deep Aqua	Nao	<b>30M Pool</b>
	Thursday 22nd February	Body Pump	Elaine	<b>Studio 2</b>
<b>FOUR</b>	Tuesday 27th February	Aqua with Noodles	Tanja	<b>50M Pool</b>
	Thursday 1st March	Throwdown Stability/Core	Johanna	<b>Studio 2</b>
<b>FIVE</b>	Tuesday 6th March	Aqua Fitness	Nao	<b>50M Pool</b>
	Thursday 8th March	Throwdown Box'n'Rig	Elaine	<b>Studio 2</b>
<b>SIX</b>	Tuesday 13th March	Deep Aqua	Tanja	<b>30M Pool</b>
	Thursday 15th March	Body Balance	Johanna	<b>Studio 2</b>
<b>SEVEN</b>	Tuesday 20th March	Aqua Circuit	Nao	<b>50m Pool</b>
	Thursday 22nd March	Body Pump	Elaine	<b>Studio 2</b>
<b>EIGHT</b>	Tuesday 27th March	Core/Tone/Pilates	Tanja	<b>Studio 2</b>
	Thursday 29th March	Throwdown Cardio/Power	Johanna	<b>Studio 2</b>
<b>NINE</b>	Tuesday 3rd April	Aqua with Noodles	Nao	<b>Indoor Pool</b>
	Thursday 5th April	Yoga	Shanthi	<b>Clubroom</b>
<b>TEN</b>	Tuesday 10th April	Aqua Fitness	Tanja	<b>Indoor Pool</b>
	Thursday 12th April	Body Pump	Elaine	<b>Studio 2</b>

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## THE MOST DIVERSE EXERCISE PROGRAM IN PERTH FOR THE OVER FIFTIES!

### WHAT IS IT?

A wise exercise program choice for energetic mature adults that utilises 'cross training' techniques in water and on land. It incorporates the latest fitness trends in a safe, supervised and social environment!

**Tuesdays & Thursdays 1.00 - 2.15pm**

Commences the **first Tuesday** of each school term

## ENERGYWISE PROGRAM TERM 1 2018

### WHY TRY IT?

- ▶ Uplift your quality of life!
- ▶ Reduce the risk of serious health complications,
- ▶ Delay the ageing process and feel more energetic!
- ▶ Brighten your mood and lower your stress levels,
- ▶ Recuperate and build your strength and endurance.

### HOW DO I JOIN?

To enrol simply turn up on the first Tuesday of each school term (or join casually mid term) at 12.45pm. When you enrol you will receive a copy of your fitness program. You will also be required to bring a medical clearance from your G.P. and it is highly recommended you attend a fitness appraisal with our trained gym staff. This can be booked through your EnergyWise Instructor and is specially discounted for EnergyWise participants. (Please remember to wear comfortable clothing, closed shoes plus bring your towel, bathers and water bottle.)

### HOW MUCH DOES IT COST?

\$9.00 per session casual.

This includes periodic fitness evaluations, health education, laughter, a complimentary swim and refreshment after each Session!

\* \$155 for 10 Week Program (20 sessions)

\* \$9.00 per Session Casual

\$27.50 for your Fitness Appraisal (Normally \$57.50)

**IMPROVE THE QUALITY OF YOUR LIFE  
DURING THE BEST YEARS OF YOUR LIFE!**