

ENERGYWISE PROGRAM

SUMMER 2019 | 1.00-2.15pm



CITY OF VINCENT

DATE	ACTIVITY	INSTRUCTOR	LOCATION
Tuesday 5th February	Move Dance	Daniel	50M Pool
Thursday 7th February	Body Pump	Elaine	Studio 2
Tuesday 12th February	Aqua Fitness	Daniel	50M Pool
Thursday 14th February	Throwdown Cardio / Power	Johanna	Studio 2
Tuesday 19th February	Aqua Circuit	Daniel	50M Pool
Thursday 21st February	Pilates	Michelle	Studio 2
Tuesday 26th February	Move Dance & Core	Daniel	50M Pool
Thursday 28th February	Body Pump / CXWORX	Elaine	Studio 2
Tuesday 5th March	Aqua Circuit	Tanja	50M Pool
Thursday 7th March	Body Balance	Johanna	Studio 2
Tuesday 12th March	Aqua Fitness	Daniel	50M Pool
Thursday 14th March	Throwdown Core / Stability	Elaine	Studio 2
Tuesday 19th March	Step Lite	Johanna	Studio 2
Thursday 21st March	Body Pump	Michelle	Studio 2
Tuesday 26th March	Aqua Fitness	Daniel	50M Pool
Thursday 28th March	Throwdown Boxing	Elaine	Studio 2
Tuesday 2nd April	Aquabalance	Tanja	50M Pool
Thursday 4th April	Abs, Butts, Thighs	Elaine	Studio 2
Tuesday 9th April	Pilates	Michelle	Studio 2
Thursday 11th April	Throwdown Cardio / Power	Johanna	Studio 2
Tuesday 16th April	Aqua Fitness	Daniel	50M Pool
Thursday 18th April	Body Pump	Michelle	Studio 2
Tuesday 23rd April	Move Dance	Daniel	50M Pool

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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

HOW MUCH DOES IT COST?

* \$155 for 20 entry multi card

* \$10.00 per Session Casual

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

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?

Simply turn up 15 minutes before the class and enrol. You will be required to bring a medical clearance from your G.P. and it is highly recommended you complete a fitness appraisal with our trained gym staff prior to starting EnergyWise. Fitness appraisals can be booked through your EnergyWise Instructor and are discounted for EnergyWise participants.

Please remember to wear comfortable clothing and closed shoes. Bring a towel, bathers and water bottle.

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