

# ENERGYWISE PROGRAM

TERM 4 2018 | 1.00-2.15pm



WEEK	DATE	ACTIVITY	INSTRUCTOR	LOCATION
<b>ONE</b>	Tuesday 9th October	Aqua Fitness	Michelle	<b>Indoor Pool</b>
	Thursday 11th October	Body Pump	Elaine	<b>Studio 2</b>
<b>TWO</b>	Tuesday 16th October	Aqua Fitness Dance	Daniel	<b>Indoor Pool</b> (Lanes 7 & 8)
	Thursday 18th October	Throwdown Cardio / Power	Johanna	<b>Studio 2</b>
<b>THREE</b>	Tuesday 23rd October	Aqua Pilates	Michelle	<b>Indoor Pool</b> (Lanes 7 & 8)
	Thursday 25th October	Body Pump	Elaine	<b>Studio 2</b>
<b>FOUR</b>	Tuesday 30th October	Aqua Circuit	Daniel	<b>Indoor Pool</b> (Lanes 7 & 8)
	Thursday 1st November	Pilates	Michelle	<b>Studio 2</b>
<b>FIVE</b>	Tuesday 6th November	<b>MELBOURNE CUP</b>		
	Thursday 8th November	Yoga	Shanthi	<b>Clubroom</b>
<b>SIX</b>	Tuesday 13th November	Aqua Fitness	Daniel	<b>50m Pool</b>
	Thursday 15th November	Throwdown Strength / Core	Elaine	<b>Studio 2</b>
<b>BRING A FRIEND TO ANY CLASS FOR FREE DURING SENIORS WEEK!</b>				
<b>SEVEN</b>	Tuesday 20th November	Step Lite	Johanna	<b>Studio 2</b>
	Thursday 22nd November	Abs, Butt & Thighs	Elaine	<b>Studio 2</b>
<b>EIGHT</b>	Tuesday 27th November	Aqua Fitness Dance	Daniel	<b>50m Pool</b>
	Thursday 29th November	Body Balance	Johanna	<b>Studio 2</b>
<b>NINE</b>	Tuesday 4th December	Aqua Fitness	Daniel	<b>50m Pool</b>
	Thursday 6th December	Body Pump	Johanna	<b>Studio 2</b>
<b>TEN</b>	Tuesday 11th December	Move Dance	Daniel	<b>Studio 2</b>
	Thursday 13th December	Yoga	Shanthi	<b>Clubroom</b>

**WA SENIORS  
WEEK**

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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 4 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?

\$10.00 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)

\* \$10.00 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!**