

# ENERGYWISE TIMETABLE

## AUTUMN/WINTER 2025

TUESDAYS & THURSDAYS 1:15PM - 2:15PM

DAY	DATE	ACTIVITY	INSTRUCTOR	LOCATION
TUESDAY	APRIL 29	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	MAY 1	LOW IMPACT AEROBICS	MONIQUE	STUDIO 1
TUESDAY	MAY 6	AQUA ZUMBA	ESTHER	50M POOL
THURSDAY	MAY 8	SIT AND FIT	MICHELLE	STUDIO 2
TUESDAY	MAY 13	DEEP WATER WITH NOODLES	KATHERINE	30M POOL
THURSDAY	MAY 15	THROWDOWN MOBILITY	JOHANNA	STUDIO 2
TUESDAY	MAY 20	AQUA CIRCUIT STYLE	NAO	50M POOL
THURSDAY	MAY 22	BODYPUMP	MONIQUE	STUDIO 1
TUESDAY	MAY 27	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	MAY 29	STEP LITE	JOHANNA	STUDIO 2
TUESDAY	JUNE 3	ZUMBA GOLD	ESTHER	STUDIO 1
THURSDAY	JUNE 5	PILATES	MICHELLE	STUDIO 2
TUESDAY	JUNE 10	AQUA CIRCUIT STYLE	NAO	50M POOL
THURSDAY	JUNE 12	THROWDOWN CARDIO/POWER	JOHANNA	STUDIO 2
TUESDAY	JUNE 17	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	JUNE 19	SIT AND FIT	MICHELLE	STUDIO 2
TUESDAY	JUNE 24	AQUA ZUMBA	ESTHER	50M POOL
THURSDAY	JUNE 26	YOGA	ANNA	STUDIO 2
TUESDAY	JULY 1	ZUMBA GOLD	ESTHER	STUDIO 1
THURSDAY	JULY 3	LOW IMPACT AEROBICS	MONIQUE	STUDIO 1
TUESDAY	JULY 8	AQUA BALANCE	NAO	25M POOL
THURSDAY	JULY 10	SHAPES	MONIQUE	STUDIO 1
TUESDAY	JULY 15	AQUA CARDIO	ESTHER	50M POOL
THURSDAY	JULY 17	PILATES	MICHELLE	STUDIO 2

### WHAT IS ENERGYWISE?

Our Energywise exercise program is the perfect fitness solution for over 50s, designed to help you improve your physical health while giving you the chance to socialise with like-minded people.

The program involves cross-training techniques in the water and on land, allowing you to try a range of different classes in a safe, supervised and supportive environment.

### WHY SHOULD I TRY IT?

Energywise is ideal for seniors of all fitness levels and every class can be tailored to suit your abilities.

#### Regular exercise can help you:

- Build your strength and endurance
- Improve your quality of life and delay the ageing process
- Reduce the risk of serious health complications
- Improve your energy level and lower stress

#### NEW: ZUMBA GOLD

A lower intensity version of Zumba focusing on balance, flexibility and fun.

#### NEW: THROWDOWN MOBILITY

A functional training workout focusing on strength and flexibility.

### HOW MUCH IS IT?

- \$12 per casual session
- \$204 for a 20 session multi-entry card
- \$27.50 for your fitness appraisal (normally \$60)

### IS ENERGYWISE INCLUDED IN MEMBERSHIPS?

Yes! Plus, if you have a valid Senior/Pensioner card you can save 20% off full access memberships or sign up for our discounted Off-Peak membership.

### HOW DO I JOIN?

Simply turn up 15 minutes before the class and enrol. You will need to bring a medical clearance from your G.P. We also recommend you book a fitness appraisal with our gym staff prior to starting Energywise.

#### Please remember to:

- Wear comfortable clothing
- Wear closed-in shoes
- Bring a water bottle and sweat towel
- Bring a towel and bathers to aqua classes
- Bring a mat for Yoga, Bodybalance and Pilates

For more information, talk to our Gym Team or call 9273 6087.