

Our Energywise program features an everchanging timetable of studio and pool based group fitness classes, tailored specifically for over 50s to help you:

- Build your strength and endurance
- Improve your energy levels and quality of life
- Reduce the risk of health complications and injury
- Brighten your mood and lower stress levels

Energywise is ideal for seniors of all fitness levels, and every class can be tailored to suit your abilities. Designed to help you improve your physical health in a supervised and supportive environment, it also gives you a regular time to socialise with a like-minded group of people.

DAY	DATE	ACTIVITY	INSTRUCTOR	LOCATION
TUESDAY	APRIL 21	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	APRIL 23	THROWDOWN CARDIO/POWER	JOHANNA	STUDIO 2
TUESDAY	APRIL 28	AQUA BALANCE	NAO	50M POOL
THURSDAY	APRIL 30	ABS BUTTS THIGHS	BETTINA	STUDIO 2
TUESDAY	MAY 5	DEEP AQUA WITH DUMBBELLS	KATHERINE	30M POOL
THURSDAY	MAY 7	YOGA/STRETCH	ANNA	STUDIO 2
TUESDAY	MAY 12	AQUA CIRCUIT STYLE	NAO	50M POOL
THURSDAY	MAY 14	BODYPUMP HEAVY	JOHANNA	STUDIO 2
TUESDAY	MAY 19	DANCE (70S & 80S)	BETTINA	STUDIO 1
THURSDAY	MAY 21	THROWDOWN MOBILITY	JOHANNA	STUDIO 2
TUESDAY	MAY 26	DEEP AQUA WITH NOODLES	KATHERINE	30M POOL
THURSDAY	MAY 28	STEP LITE	BETTINA	STUDIO 2
TUESDAY	JUNE 2	AQUA POWER & BALANCE	LIZ	50M POOL
THURSDAY	JUNE 4	BODYBALANCE	JOHANNA	STUDIO 2
TUESDAY	JUNE 9	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	JUNE 11	CHAIR YOGA	ANNA	STUDIO 2
TUESDAY	JUNE 16	AQUA CIRCUIT STYLE	NAO	50M POOL
THURSDAY	JUNE 18	PILATES	MICHELLE	STUDIO 2
TUESDAY	JUNE 23	AQUA POWER & BALANCE	LIZ	50M POOL
THURSDAY	JUNE 25	ABS BUTTS THIGHS	BETTINA	STUDIO 2
TUESDAY	JUNE 30	AQUA 4 ALL	NAO	50M POOL
THURSDAY	JULY 2	BODYPUMP	JOHANNA	STUDIO 2
TUESDAY	JULY 7	AQUA POWER & BALANCE	LIZ	50M POOL
THURSDAY	JULY 9	THROWDOWN CARDIO/POWER	JOHANNA	STUDIO 2
TUESDAY	JULY 14	DEEP AQUA WITH DUMBBELLS	KATHERINE	30M POOL
THURSDAY	JULY 16	BODYPUMP HEAVY	JOHANNA	STUDIO 2

## CLASS DESCRIPTIONS

**AQUA 4 ALL:** A shallow water, medium intensity workout that uses water and equipment for resistance. Aqua 4 All is a full body workout that combines cardio respiratory, muscle conditioning and interval training to increase muscle strength and endurance.

**AQUA BALANCE:** An empowering water exercise experience performed to soothing music in the indoor warm water environment. Designed to help you increase your energy, balance and circulation, this class is suitable for those with chronic fatigue, respiratory issues, cardiovascular disease, musculoskeletal injury or pregnancy.

**AQUA CIRCUIT STYLE:** A low impact aqua class that mixes cardio, strength and balance exercises. Each exercise is performed for short periods before rotating to the next station.

**AQUA ZUMBA:** A fun, dance-style class in the pool. It blends Zumba philosophy with water resistance, creating a safe, low impact, high energy aquatic workout that will help you increase your strength and resistance while burning calories.

**BODYBALANCE:** A holistic, low impact workout that strengthens your entire body, making it ideal for anyone and everyone. You'll bend and stretch your way through a series of exercises inspired by yoga, tai chi and pilates, leaving with a lasting sense of calm and wellbeing.

**BODYPUMP:** A strength workout that works the whole body using a barbell, weight plates and bodyweight to shape and tone your muscles, and improve your physical resistance and posture. Workouts can be catered to your level of fitness, with options for everyone.

**CHAIR YOGA:** An adapted form of yoga where poses and stretches are performed while seated or using a chair as support. Ideal for beginners or people with limited mobility.

**DEEP AQUA:** A low impact, non-weight bearing exercise using a buoyancy belt to perform a variety of motions including water walking and toning exercises. Some classes use noodles or dumbbells instead of the buoyancy belt, however all equipment is optional.

**LOW IMPACT AEROBICS:** A gentle, low impact training session designed to improve strength, balance, and mobility. Perfect for those looking to stay active and feel their best.

**PILATES:** The perfect mix of low impact mobility and strength exercises to help you improve your flexibility and posture, while reducing stress and anxiety. Please bring your own mat to class.

**STEP LITE:** A fun, low impact cardio class with simple choreography. Some coordination is required, but it's still suitable for beginners with options for everyone.

**THROWDOWN CARDIO/POWER:** A circuit-style functional training workout featuring variable intensity interval exercises. Each session is different, using the Throwdown rig and other cardio equipment.

**THROWDOWN FUNCTIONAL/STABILITY:** A circuit-style functional training workout that focuses on strength, flexibility and functional exercises to improve quality of life.

**THROWDOWN MOBILITY:** A circuit-style functional training workout that focuses on flexibility, core work, balance training, and cardio exercises. The emphasis is on technique and to build greater functionality.

**YOGA/STRETCH:** A low impact session featuring basic yoga movements and stretches, focusing on strength, mobility and flexibility.

**ZUMBA GOLD:** A modified, low impact version of the popular Zumba dance program that's gentler on your joints. It's a fun, social class that will help you improve your balance, coordination, posture, and mood while getting a moderate cardio workout.

## FEES

Energywise is included in all memberships. If you have a valid Senior/Pensioner card you can save 20% off memberships or sign up for our discounted Off-Peak membership.

Otherwise, casual sessions are:

- \$12 per class
- \$204 for a 20 session multi-entry card

## HOW TO JOIN

Simply turn up 15 minutes before the class and enrol. We recommend you book a fitness appraisal prior to starting Energywise. Fitness appraisals for Energywise are \$27.50.

**Please remember to:**

- Wear comfortable clothing and 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.**