

DAY	DATE	ACTIVITY	INSTRUCTOR	LOCATION
TUESDAY	APRIL 16	AQUA ZUMBA	PATRICIA	50M POOL
THURSDAY	APRIL 18	THROWDOWN (CARDIO/POWER)	JOHANNA	STUDIO 2
TUESDAY	APRIL 23	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	APRIL 25	ANZAC DAY - NO ENERGYWISE	CENTRE OPEN 12PM - 6PM	
TUESDAY	APRIL 30	AQUA 4 ALL	NAO	50M POOL
THURSDAY	MAY 2	YOGA	ANNA	STUDIO 2
TUESDAY	MAY 7	DEEP AQUA - OODLES OF NOODLES	KATHERINE	30M POOL
THURSDAY	MAY 9	LOW IMPACT AEROBICS	MONIQUE	STUDIO 1
TUESDAY	MAY 14	AQUA CARDIO	KATHERINE	50M POOL
THURSDAY	MAY 16	YOGA	ANNA	STUDIO 2
TUESDAY	MAY 21	AQUA CIRCUIT STYLE	NAO	INDOOR POOL
THURSDAY	MAY 23	STEP LITE	JOHANNA	STUDIO 2
TUESDAY	MAY 28	DEEP AQUA	KATHERINE	30M POOL
THURSDAY	MAY 30	BODYPUMP	MONIQUE	STUDIO 2
TUESDAY	JUNE 4	ABS BUTTS THIGHS	JOHANNA	STUDIO 2
THURSDAY	JUNE 6	BODYBALANCE	MICHELLE	STUDIO 2
TUESDAY	JUNE 11	AQUA 4 ALL	NAO	INDOOR POOL
THURSDAY	JUNE 13	THROWDOWN (CORE/STABILITY)	JOHANNA	STUDIO 2
TUESDAY	JUNE 18	DEEP AQUA - OODLES OF NOODLES	KATHERINE	30M POOL
THURSDAY	JUNE 20	YOGA	ANNA	STUDIO 2
TUESDAY	JUNE 25	STEP LITE	JOHANNA	STUDIO 2
THURSDAY	JUNE 27	PILATES	MICHELLE	STUDIO 2
TUESDAY	JULY 2	AQUA CIRCUIT STYLE	NAO	INDOOR POOL
THURSDAY	JULY 4	BODYPUMP	JOHANNA	STUDIO 2
TUESDAY	JULY 9	DEEP AQUA - CARDIO	KATHERINE	30M POOL
THURSDAY	JULY 11	LOW IMPACT AEROBICS	MONIQUE	STUDIO 1

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

HOW MUCH IS IT?

- \$11 per casual session
- \$187 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 take advantage of 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 complete a fitness appraisal with our trained gym staff prior to starting Energywise. Fitness appraisals can be booked through your instructor and are discounted for Energywise participants.

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 anyone from our Gym Team or give us a call on 9273 6087.