

ENERGYWISE TIMETABLE

WINTER/SPRING 2025

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

DAY	DATE	ACTIVITY	INSTRUCTOR	LOCATION
TUESDAY	JULY 22	AQUA CARDIO (DEEP)	KATHERINE	30M POOL
THURSDAY	JULY 24	THROWDOWN MOBILITY	JOHANNA	STUDIO 2
TUESDAY	JULY 29	ZUMBA GOLD	ESTHER	STUDIO 1
THURSDAY	JULY 31	SIT AND FIT	MICHELLE	STUDIO 2
TUESDAY	AUGUST 5	DEEP WATER WITH NOODLES	KATHERINE	30M POOL
THURSDAY	AUGUST 7	SHAPES	MONIQUE	STUDIO 2
TUESDAY	AUGUST 12	AQUA ZUMBA	ESTHER	50M POOL
THURSDAY	AUGUST 14	BODYBALANCE	MICHELLE	STUDIO 2
TUESDAY	AUGUST 19	THROWDOWN CARDIO/POWER	JOHANNA	STUDIO 2
THURSDAY	AUGUST 21	LOW IMPACT AEROBICS	MONIQUE	STUDIO 2
TUESDAY	AUGUST 26	AQUA BALANCE	NAO	25M POOL
THURSDAY	AUGUST 28	PILATES	MICHELLE	STUDIO 2
TUESDAY	SEPTEMBER 2	AQUA CIRCUIT STYLE	NAO	50M POOL
THURSDAY	SEPTEMBER 4	BODYPUMP	JOHANNA	STUDIO 2
TUESDAY	SEPTEMBER 9	ZUMBA GOLD	ESTHER	STUDIO 1
THURSDAY	SEPTEMBER 11	YOGA	ANNA	STUDIO 2
TUESDAY	SEPTEMBER 16	DEEP WATER WITH DUMBBELLS	KATHERINE	30M POOL
THURSDAY	SEPTEMBER 18	STEP LITE	JOHANNA	STUDIO 2
TUESDAY	SEPTEMBER 23	AQUA ZUMBA	NAO	50M POOL
THURSDAY	SEPTEMBER 25	SIT AND FIT	MICHELLE	STUDIO 2
TUESDAY	SEPTEMBER 30	ZUMBA GOLD	ESTHER	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

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.