

Group fitness timetable

Time		Mon	Tues	Wed	Thurs	Fri
7.00	am					
12.00	pm		MIDDAY RESET 10 min's			
1.00	pm	LUNGS IN ACTION				
5.15	pm	WEEKDAY EXPRESS	D.I.Y	BOXING		
6.00	pm	TOTAL CORE		W.O.W		

WEEKDAY EXPRESS

- Combination of both high and low impact exercises
- Increase heart rate and burn calories

DIY

- Train without an instructor
- DIY exercises on group fitness wall

TOTAL CORE

- Strengthen the lower back and abdominals

BOXING

- Calorie burning class—Improving fitness, muscular endurance, speed and coordination

L.I.A

- Designed to help people living with a chronic lung disease maintain health and wellbeing. Referral required to attend class

W.O.W

- Workout of the week—Trainer's choice of workout

MIDDAY RESET

- Take a break, reset the mind, realign the body

Please note:

- All classes are 30 minutes/Midday reset 10mins
- Minimum of three people for class to proceed
- Appropriate attire and towel required
- Members are required to wipe down equipment after use
- A medical clearance may be required before starting class/s
- Due to covid requirements please keep to a 1.5 m distance at all times

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