

## Corryong Health & Fitness – Class Timetable May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-5am							
6am		<b>Functional Strength</b> 6:30am – 7:15am Paula		<b>Total Body Compound</b> 6:30am – 7:15am Taryn			
7am		<b>Functional Strength</b> 7:30am – 8:15am Paula		<b>Total Body Compound</b> 7:30am – 8:15am Taryn			
8am							
9am		<b>Functional Strength</b> 9:00am – 9:45am Paula	<b>Work It Wednesdays</b> 9:00am – 9:30am Chez	<b>Total Body Compound</b> 9:00am – 9:45am Taryn			
10am			<b>Circuit for Active Older Adults and Beginners</b> 10.15am – 11:00am Kerry	<b>Sit and Get Fit – Chair Yoga</b> 10:00am – 10:45am Kerry (E.C)			
11am	<b>Backs &amp; Bellies</b> (Swiss Ball) - Liz 11:00am – 12:00pm		<b>Yoga Moves</b> 11:15am – 12:15pm Mary (E.C)	<b>Yoga for Older Grown Ups</b> 11:30am – 12:30pm Kerry (E.C)			
12pm	<b>Fit 4 Life – Taryn</b> (by referral) 12:15pm- 1:00pm		<b>Healthy Start</b> 12:15pm – 1:00pm Taryn				
1pm	<b>Strong People Stay Young – Brenda</b> 1:00pm – 2:00pm						
2pm							
3pm	<b>Mash Up Mondays</b> 4:00 – 4:35pm Chez						
4pm	<b>Mash Up Mondays</b> 4:45pm – 5:20pm Chez						
5pm	<b>Mash Up Mondays</b> 5:30pm – 6:05pm Chez	<b>Yoga to the Core</b> 5:15pm – 6:00pm Mary (E.C)	<b>HIIT 45</b> 5:15pm – 6:00pm Chez / Taryn				
6pm							
7pm – 11pm							



To join the Gym - call/msg 0429 170 616 or Corryong Health on 02 6076 3200.



Please check our Facebook page for current information at Corryong Health & Fitness Centre.

Class and Open Gym bookings via

<https://www.picktime.com/corryonghealthandfitness>



## Group Fitness Programs:

- **Open Gym:** One-hour gym sessions to work on your own program and utilise all equipment within the gym between 4am – 11pm when classes are not being held.
- **Mash Up Mondays:** Every week is different! Short intervals, hiit intensity, strength work, agility, cardio and more. You will constantly be moving in this 35-minute session.
- **Functional Strength:** Strength training, functional training and chaining exercises to help strengthen and help in everyday life situations.
- **HIIT 45:** A fun and exciting mix of both cardiovascular and resistance challenges ideal for toning, fat burning and muscle conditioning. This class runs for 45 minutes.
- **Work it Wednesdays:** Free weight/body weight class that targets the whole body with a mix of strength and cardio for a quick 30-minute session.
- **Circuit for Active Older Adults and Beginners:** great way to get started with strength training and become familiar with the equipment we have. The exercises focus on building total-body strength with an emphasis on improving balance, stability and flexibility.
- **Backs and Bellies:** Strengthening the core including the back, abdominal and pelvic floor muscles whilst working on improving general tone, flexibility and balance. Run by Liz the Physio.
- **Total Body Compound:** A total body workout to increase strength by using compound body movements with barbells, kettlebells and dumbbells.
- **Yoga Moves:** Functional movement and stability taught with Yoga postures Iyengar style. Emphasis on centred core strength and individual posture alignment. Includes a yoga chillax to finish and plenty of stretching. Class is for anyone. Held in the Event Centre.
- **Yoga to the Core:** Strengthen, tone and condition your stomach, butt and thighs with this yoga class with a cool down and pranayama session at the end.
- **Yoga for Older Grown Ups:** Build your strength, mobility and balance through supported poses and Breath work. Many poses are standing so we use chairs and walls for support, as well as other aids. BYO mat, blocks and strap, these items can be provided. Held in the Event Centre.

## Therapeutic Programs:

- **Healthy Start:** A class for over 50's men and women using a range of equipment and weights to improve fitness, strength and flexibility. A great beginner class too.
- **Fit for Life:** Work on your own personal exercise program lead by Sport Scientist Taryn, within a group setting. Ideal for people with Diabetes or other chronic issues. This class is by referral only, please speak with Physio Liz.
- **Strong People Stay Young:** Strength training program, ideal for people 50+ years. Helps to build stronger bones and maintain strength.
- **Sit and Get Fit – Chair Yoga:** The gentle slow progression of chair yoga sequences is ideal for those with a limited range of motion. Participants can experience a range of other benefits, including reduced stress, improved sleep, better balance, coordination, reduced anxiety, and symptoms of depression.