




Corryong Health & Fitness – March 2023 Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-5am							
6am	Sunrise Yoga 6:30am – 7:00am Mary (Oval)	Functional Strength 6:30am – 7:15am Paula	Deep Body Burn 6:15am – 7:00am Chez (E.C)	Total Body Compound 6:30am – 7:15am Taryn	Sunrise Yoga 6:30am – 7:00am Mary (Oval)		
7am				Total Body Compound 7:30am – 8:15am Taryn			
8am							
9am		Functional Strength 9:00am – 9:45am Chez	Deep Body Burn 9:00am – 9:40am Chez (E.C)	Total Body Compound 9:00am – 9:45am Taryn			
10am			Circuit for Active Older Adults and Beginners 10.15am – 11:00am Kerry	Strong People Stay Young 10:30am – 11:30am Georgia			
11am	Backs & Bellies (Swiss Ball) - Liz 11:00am – 12:00pm		Stretch and Flex 11:00am-11:30am Kerry	Yoga for Beginners 11:30am - 12:30pm Cath (E.C)	Fit 4 Life Jacinta 11:30am – 12:30pm		
12pm							
1pm	Strong People Stay Young – Brenda 1:00pm – 2:00pm						
2pm			Healthy Start 1:00pm – 2:00pm Jacinta		<div style="text-align: center;">  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 bookings via https://www.picktime.com/corryonghealthandfitness  </div>		
3pm							
4pm	Mash Up Mondays 4:40pm – 5:05pm Chez	CLOSED SESSION 4:00-5:00PM	HIIT 45 4:40pm – 5:25pm Taryn				
5pm	Mash Up Mondays 5:30pm – 6:05pm Chez	Yoga to the Core 5:15pm – 6:00pm Mary (E.C)	HIIT 45 5:30pm – 6:15pm Taryn				
6pm							
7pm – 11pm							

Group Fitness Classes:

- **Open Gym:** 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 40 minutes.
- **Deep Body Burn:** Is a mat workout inspired by elements of Barre, Yoga Pilates and Ballet – a toning, body-weight lifting workout which focuses on low-impact, high intensity movements designed to strengthen your body and target muscles in ways that few other workouts can. Deep Body Burn will see you with improved posture, balance and flexibility, build strength, burn calories and improve stability through a stronger core. Rest assured, this session leaves no thigh, seat, back and abdominal muscles untouched. Held in the Events Centre.
- **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.
- **Stretch and Flex:** Does your body need to just stretch? Come and enjoy 30 minutes of stretch and flex. Suitable for all levels.
- **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.
- **Sunrise Yoga:** For those who are pressed for time this continuous flow sequence of 12 repeated postures can be done every day, any time of the day. This class is held on the Oval and runs for 30 minutes.
- **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. Held in the Events Centre.
- **Yoga for Beginners:** 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 Exercise physiologist, Jacinta McKimmie, within a group setting. Ideal for people with Diabetes or other chronic issues.
- **Strong People Stay Young:** Strength training program, ideal for people 50+ years. Helps to build stronger bones and maintain strength.