



Corryong Health & Fitness – September 2023 Class Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-5am							
6am		Functional Strength 6:30am – 7:15am Paula		Total Body Compound 6:30am – 7:15am Taryn			
7am			Deep Body Burn 7:00am – 7:40am Chez (E.C)				
8am							
9am		Functional Strength 8:45am – 9:45am Chez/Paula		Total Body Compound 9:00am – 9:45am Taryn			
10am			Circuit for Active Older Adults and Beginners 10.15am – 11:00am Cath	Strong People Stay Young Georgia 10:30am – 11:30pm			
11am	Backs & Bellies (Swiss Ball) - Liz 11:00am – 12:00pm		Stretch and Flex 11:00am-11:30am Cath		Healthy Start Jacinta 11:30am – 12:30pm		
12pm							
1pm	Strong People Stay Young – Brenda 1:00pm – 2:00pm		Healthy Start 1:00pm – 2:00pm Jacinta				
2pm							
3pm							
4pm	Mash Up Mondays 4:40pm – 5:05pm Chez	Group Area is CLOSED 3:30-4:30pm	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	Yoga to the Core 5:30pm – 6:15pm Mary (E.C) last session 15/9			
6pm							
7pm – 11pm							

During the 2nd week of School Holidays 25th to 29th September, we will not be running “General Member” classes

 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>



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, high 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.
- **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.
- **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.

Therapeutic Programs:

- **Healthy Start:** This class is for people with chronic disease, musculoskeletal issues, people living with disability and anyone wanting to improve their functional capacity and mobility
- **Strong People Stay Young:** Strength training program, ideal for people 60+ years. Helps to build stronger bones and maintain strength.