We offer a range of classes for all ages. All sessions are run by a qualified instructor.

**Class Descriptions**

**Keep Moving** - An unstructured session to meet the needs of the over 50s. Come together with your friends and have fun doing functional exercises that will help you stay fit and independent.

**Back into shape** - Whether it has been weeks or months since you gave birth, this gentle class will gradually start to strengthen your abdominals, increase pelvic muscle support and realign your spine.

**Class Time Table**

**Monday**
- **Keep Moving** 10:30am - 11:30am
- **Back Into Shape** 1:45pm - 2:45pm

**Tuesday**
- **Circuit** 7:00pm - 7:30pm

**Wednesday**
- **Keep Moving** 11am - 12 noon
- **Back in Shape** 12pm - 1pm
- **Fitball** 1:45pm - 2:45pm

**Thursday**
- **Circuit** 7:00pm - 8:00pm

**Saturday**
- **WFF - Women’s Fun Fitness**
  A varied class for women of all ages
  11am - 12 pm (school term only).
Class & Personal Training Price List

**Classes**
- Casual $7, **Seniors and Students** $6
- 10 visit pass $65, **Seniors and Students** $55

**Personal Training**
- **Group Personal Training** 2 people $20 per person for 30 min. session, $30 per person for 1 hour session
- **Personal Training** 30 minute session $27, 1 hour session $44
- 10 Personal Training visits (30 minute sessions) $215
- 10 Personal Training visits (1 hour sessions) $375

Please call and speak to Sarah about personal training times.

**Fitball** - A class designed to increase core strength while toning the entire body, improving posture and, most importantly, having fun!

**Circuit** - A high energy class designed to give a great cardio workout and help you lose weight.

**Strength and Relaxation** - A class designed to take away the pressures of life, while improving balance, muscle tone, posture and flexibility.
Mixed Volleyball

Interested in playing volleyball? Call the Sports Centre office to register yourself or a team for the next season. Games between 6:30pm and 9pm on Monday evenings. Teams of 6 (min. 2 female), all players welcome, inexperienced or experienced. Cost $7 per person.

Badminton

Bring your friends and family for a casual hit of badminton on Tuesday evenings from 7 - 9pm. Shuttles and racquets provided. Cost: $7 per person, children under 16 free.