

HEALTHY LIVING CENTRE GROUP FITNESS CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday
Morning classes			
POOL Hydro Fitness 10:00am-11:00am		OUTDOOR Push Group w/Circuit* 8:00am-9:00am	
GYM Circuit 11:30am-12:30pm			POOL Hydro Heart Smart 11:00am-12:00pm
Afternoon classes			
	GYM Boxing 2:30pm-3:30pm		GYM Circuit 1:00pm-2:00pm

Information correct as of February 2020.

'More specialist services provided by Spinal Life Australia'

HYDRO FITNESS:
Cardio class in water.

HYDRO HEART SMART:
Ideal for cardio-vascular endurance and provides gentle exercise in water.

BOXING:
Fast paced cardio class designed to build upper body strength and increase speed and endurance.

CIRCUIT:
An interval class that promotes cardio endurance and strength training incorporated with circuit stations along the outdoor route.

PUSH GROUP W/CIRCUIT*:
Coming soon.



Proudly supported by

**Motor Accident
Insurance Commission**