

Life Fit City Classes

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
9.00 am	Life Fit Balls and Weights		Life Fit Exercise to Music	Walking	
9.30 am		Walking			
10.00am		Pryme Movers			
11:00 am				Life Fit Circuit	

Life Fit Bishopdale Classes

9.00 am	Life Fit Exercise to Music				Life Fit Circuit
9.00 am					Life Fit Stretch and Tone
9.00 am					Life Fit Step
10:00 am			Life Fit Circuit Studio	Sit and Be Fit	
12.00pm				Life Fit Pilates Level 2	
1.00pm	Life Fit Pilates Level 2			Life Fit Pilates Intro (Term Course)	
2.00pm	Life Fit Circuit Studio				

Life Fit Stretch and Tone

Suitable if you are wishing to begin an exercise programme, gently stretching, strengthening and toning the muscles.

Life Fit Circuit

Cardiovascular and muscle strength exercises. Provides weight bearing exercises essential in the prevention of osteoporosis.

Sit and Be Fit

For people new to exercise with limited mobility, a chair based work out aims to improve the muscle strength, heart / lung fitness and joint flexibility.

Pryme Movers

Working under supervision on your own programme in the fitness centre, morning tea follows.

Our Life Fit Programme will offer you qualified, experienced and caring instructors, that bring you classes catering for mature participants or those new to exercise.

The Life Fit Programmes are designed to:

- Be fun
- Keep you agile and active
- Improve and maintain fitness
- Give you the opportunity to meet new people

It is advisable for you to check with your GP before embarking on any exercise programme. It is vital that you inform your instructor of any ailment or medical condition you may have, (high blood pressure, diabetes, angina, asthma). Should you be dependent on medication, we expect you to carry your medication on your person for your safety.

We would advise you to wear comfortable, loose fitting clothing, shorts, track pants, T-shirts and a pair of safe, comfortable exercise shoes.

Costs

Casual Class	\$4.50
20 Concession Card	\$80.00
10 Concession Card	\$40.00
Sit & Be Fit	\$3.50 or \$30 (for 10)
Y's Walking (1 year)	\$30.00
12 months*	\$359.00
(* Includes all Life Fit Classes and Walking)	

Life Fit Step

Provides a cardiovascular workout together with hip, leg, upper body strength and muscle tone.

Life Fit Exercise

Low impact cardiovascular exercise to music, strength for all major muscle groups and gentle stretching.

Walking

Walks of 1 -1 ½ hours in Hagley Park and area. See separate brochure for details

Life Fit Pilates

Gentle Pilates for Older Adults or those with mobility problem, see separate brochure for details

Life Fit Balls and Weights

Balance, stability ball, resistance bands and light weight exercises, to increase muscle and bone strength.

Life Fit Programmes