

Session Timetable

from 27 July, 2009

Fitness classes

Session times	Mon	Tue	Wed	Thu	Fri
9.15am			Body Pump™		
10.15am			Body Balance™		
12.15pm					Active Over 55s
1pm			Active Over 55s		
5.30pm	Body Pump™		Body Pump™		
6.30pm	Body Balance™		Body Balance™		

Body Balance™

A one-hour, pre-choreographed mind/body class designed by Les Mills, which incorporates yoga, Tai Chi and Pilates. Body Balance™ focuses on stretching, strengthening, breathing and most importantly, relaxing. A totally invigorating experience.

Body Pump™

Body Pump™ is a one-hour pre-choreographed barbell weights class designed by Les Mills. It provides high repetition resistance training and is a great addition to any type of training program including fat loss, endurance and muscular strength. A very motivational, fun class!

Active Over 55s

A program for the over 55s which will help you build strength, improve bone density and cardiovascular health and increase mobility and flexibility. This program is fully supervised and set at a gentle and social pace. Medical clearance from your doctor is required to attend the program.

Weights and cardio training

Opening hours	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	closed	closed	7.30am to 9am	closed	closed	closed	closed
Afternoon	2.30pm to 9.30pm*	2.30pm to 8.30pm**	2.30pm to 8pm	2.30pm to 8pm	12pm to 7pm	3pm to 6pm	3pm to 6pm

*Last entry on Monday is 8.30pm

**Last entry on Tuesday is 8.00pm

For more information call
(02) 6450 0250
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