



## ClassicHealth ~ Activity Schedule

Enter on Carlson Street, Whyalla Stuart, SA 5608 ~ Please phone if you have any queries ☎(08)8649 1000

www.classichealth.com.au ~ email: admin@classichealth.com.au

View our website as it updates to reveal upcoming events including new classes, services & products.

Closed on **ALL** Public Holidays.

Effective as of : **8th August 2011**

Open	Monday 6am to 9.30pm	Tuesday 9am to 9.30pm	Wednesday 6am to 9.30pm	Thursday 9am to 9.30pm	Friday 6am to 8pm	Saturday 9am to 5pm	Sunday 10 to 2
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Time							
Class							
Instructor							

Time	9.30am		9.30am		9:30		9.30am				9.30am		11.00am
Class			Active & Healthy		Stretch & Balance		Active & Healthy				Active & Healthy		Bootcamp
Instructor			Emily		Veni		Emily				Jess		Uno

Time												
Class												
Instructor												

Time	6pm		6pm	5.30pm	6pm		6pm		6pm
Class	Womens Boxing		Spin	Zumba	Womens Boxing		Boxercise		30 min Class
Instructor	Steve S		Helen	Veni	Steve S		Uno		Helen

Time		7pm		7pm		7pm	
Class		Spin		Boot-camp		30 min Class	Pump
Instructor		Kirsty		Helen		Helen	Veni

**HEALTH TIP:**  
**Keeping ACTIVE and eating HEALTHY reduces the risk of many diseases and illnesses such as Diabetes, Hypertension, Arthritis, Osteoarthritis, Osteoporosis and others.**  
See your trainer for more information.

### Fitness Class Outline

**ACTIVE & HEALTHY:** Cardio fitness for the beginner or the young at heart, using the latest in cardio equipment.

**PUMP:** Choreographed routine using weighted bars, a great class to tone and strengthen.

**STRENGTH & FITNESS:** Combination of Nautilus machines, (strength), and cardio, (fitness).

**BOOTCAMP:** Endurance workout using your body weight only optimal energy spender.

**SPIN:** A popular craze in cardio workouts, indoor cycling!

**B.A.T COMBO:** Targeting Butt, Abs and Thighs combined with Pump routines

**STEP:** A cardio workout to music using a platform, a fat burning class that will require some co-ordination.

**BOXERCISE:** High intensity cardio workout, with various combinations using bags, weights, bikes etc for total body conditioning

**FITBALL:** Aerobic workout and muscle toning & strengthening using gym ball

**ZUMBA FITNESS:** A Cardio & sculpting weight loss workout that gets the feet moving, hips swinging to salsa, cumbian, hip hop music etc

**STRETCH N BALANCE:** To improve the core strength, using a balance of stretch and balance moves, enhancing flexibility

**OTHER SERVICES AVAILABLE ~ Personal Training.**

**SPORTS GROUP BOOKINGS ~ P.O.A.**

*All enquiries and suggestions are welcome, we value your input so please feel free to approach any of our friendly qualified personnel.*

