

## Corryong Health & Fitness – December 2023 Class Timetable



|            | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  | Sunday |
|------------|---|---|--|---|--|---|--------|
| 4-5am      |   |   |  |   |  | <p style="text-align: center;"><b>CLASSES OVER CHRISTMAS BREAK</b></p> <p>NO GENERAL MEMBER CLASSES RUNNING FROM FRIDAY 22 DECEMBER. CLASSES RESUME ON MONDAY 15<sup>TH</sup> JANUARY 2024</p> <p>NO HEALTHY START CLASSES WEDNESDAY 27<sup>TH</sup> AND FRIDAY 29<sup>TH</sup> DECEMBER</p> <p>OUR LAST STRONG PEOPLE STAY YOUNG LAST CLASS WILL BE MONDAY 18<sup>TH</sup> DECEMBER. CLASSES RESUME ON MONDAY 15<sup>TH</sup> JANUARY 2024</p> |        |
| 6am        |   | <b>Functional Strength</b><br>6:30am – 7:30am<br>Paula      | <b>Fossil Fitness</b><br>6:00am-7:00am<br>Taryn                                    | <b>Total Body Compound</b><br>6:30am – 7:15am<br>Taryn        |  |   |        |
| 7am        |   |   | <b>Deep Body Burn</b><br>6:50am – 7:40am<br>Chez (E.C)                             |   |  |   |        |
| 8am        |   |   |  |   |  |   |        |
| 9am        |   | <b>Functional Strength</b><br>8:45am – 9:45am<br>Chez/Paula |  | <b>Total Body Compound</b><br>9:00am – 9:45am<br>Taryn        |  |   |        |
| 10am       |   |   | <b>Circuit for Active Older Adults and Beginners</b><br>10.15am – 11:00am<br>Kerry |   |  |   |        |
| 11am       | <b>Backs &amp; Bellies</b><br>(Swiss Ball) - Liz<br>11:00am – 12:00pm |   | <b>Stretch and Flex</b><br>11:00am-11:30am<br>Kerry                                |   | <b>Healthy Start</b><br>Jacinta<br>11:30am – 12:30pm |   |        |
| 12pm       |   |   |  |   |  |   |        |
| 1pm        | <b>Strong People Stay Young</b> – Brenda<br>1:00pm – 2:00pm           |   | <b>Healthy Start</b><br>1:00pm – 2:00pm<br>Jacinta                                 | <b>Strong People Stay Young</b><br>Georgia<br>1:00pm – 2:00pm |  |   |        |
| 2pm        |   |   |  |   |  |   |        |
| 3pm        |   |   |  |   |  |   |        |
| 4pm        | <b>Mash Up Mondays</b><br>4:40pm – 5:05pm<br>Chez                     | Group Area is<br><b>CLOSED</b><br>4:00pm-5:00pm             | <b>HIIT 45</b><br>4:40pm – 5:25pm<br>Taryn   |   |  |   |        |
| 5pm        | <b>Mash Up Mondays</b><br>5:30pm – 6:05pm<br>Chez                     | <b>Yoga to the Core</b><br>5:30pm – 6:30pm<br>Mary (E.C)    | <b>HIIT 45</b><br>5:30pm – 6:15pm<br>Taryn   |   |  |   |        |
| 6pm        |   |   |  |   |  |   |        |
| 7pm – 11pm |   |   |  |   |  |   |        |



To join the Gym - call/msg 0429 170 616 or Corryong Health on 02 6076 3200.



Please check our Facebook page for current information at Corryong Health & Fitness Centre.

Class bookings via

<https://www.picktime.com/corryonghealthandfitness>



## Group Fitness Classes:

- **Open Gym:** Work on your own program and utilise all equipment within the gym between 4am – 11pm when classes are not being held.
- **Mash Up Mondays:** Every week is different! Short intervals, high intensity, strength work, agility, cardio and more. You will constantly be moving in this 35-minute session.
- **Functional Strength:** Strength training, functional training and chaining exercises to help strengthen and help in everyday life situations.
- **HIIT 45:** A fun and exciting mix of both cardiovascular and resistance challenges ideal for toning, fat burning and muscle conditioning. This class runs for 45 minutes.
- **Deep Body Burn:** Is a mat workout inspired by elements of Barre, Yoga Pilates and Ballet – a toning, body-weight lifting workout which focuses on low-impact, high intensity movements designed to strengthen your body and target muscles in ways that few other workouts can. Deep Body Burn will see you with improved posture, balance and flexibility, build strength, burn calories and improve stability through a stronger core. Rest assured, this session leaves no thigh, seat, back and abdominal muscles untouched. Held in the Events Centre.
- **Circuit for Active Older Adults and Beginners:** Great way to get started with strength training and become familiar with the equipment we have. The exercises focus on building total-body strength with an emphasis on improving balance, stability and flexibility.
- **Stretch and Flex:** Does your body need to just stretch? Come and enjoy 30 minutes of stretch and flex. Suitable for all levels.
- **Backs and Bellies:** Strengthening the core including the back, abdominal and pelvic floor muscles whilst working on improving general tone, flexibility and balance. Run by Liz the Physio.
- **Total Body Compound:** A total body workout to increase strength by using compound body movements with barbells, kettlebells and dumbbells.
- **Yoga to the Core:** Strengthen, tone and condition your stomach, butt and thighs with this yoga class with a cool down and pranayama session at the end. Held in the Events Centre.
- **Fossil Fitness:** Is a beginner's fitness group for middle aged men that was started by a group of likeminded local farmers who wanted to progress in the gym! With a strong emphasis on proper form and technique, this class teaches the foundational strength-training moves while enjoying light-hearted banter with likeminded people.

## Therapeutic Programs:

- **Healthy Start:** This class is for people with chronic disease, musculoskeletal issues, people living with disability and anyone wanting to improve their functional capacity and mobility
- **Strong People Stay Young:** Strength training program, ideal for people 60+ years. Helps to build stronger bones and maintain strength.