



Corryong Health & Fitness – July 2024 Class Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-5am							
6am		Strengthen – Lengthen - Protect 6:30am – 7:30am Paula	Fossil Fitness Men’s Group 6:00am-7:00am Taryn	Total Body Compound 6:30am – 7:15am Taryn			
7am			Deep Body Burn 6:50am – 7:30am Paula (E.C)				
8am							
9am		Strengthen – Lengthen - Protect 8:45am – 9:45am Paula	Circuit for Active Older Adults and Beginners 9:00m – 9:45am Kerry	Total Body Compound 9:00am – 9:45am Taryn			
10am			Stretch and Flex 9:45am-10:15am Kerry				
11am	Backs & Bellies (Swiss Ball) – Bren 11:00am – 12:00pm				Healthy Start Jacinta/Georgia 11:30am – 12:30pm		
12pm							
1pm	Strong People Stay Young – Brenda 1:00pm – 2:00pm		Healthy Start 1:00pm – 2:00pm Jacinta	Strong People Stay Young Georgia 1:00pm – 2:00pm			
2pm					<p>To join the Gym call/msg 0429 170 616 or Corryong Health on 02 6076 3200.</p> <p> Please check our Facebook page for current information at Corryong Health & Fitness Centre.</p> <p>Class bookings via https://www.picktime.com/corryonghealthandfitness</p> <p></p>		
3pm							
4pm	Mash Up Mondays 4:40pm – 5:15pm Cass		HIIT 45 4:40pm – 5:25pm Taryn				
5pm	Mash Up Mondays 5:30pm – 6:05pm Cass	Yoga to the Core 5:30pm – 6:30pm Mary (E.C)	HIIT 45 5:30pm – 6:15pm Taryn				
6pm							
7-10pm	Please Note: Classes may be cancelled at short notice. Updates will be posted on our Facebook page						

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.
- **Strengthen – Lengthen - Protect:** Bulletproof your joints and gain strength and flexibility with ECCENTRIC focused full range of motion strength training. Bonus is free huff and puff benefits build in!
- **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:** Is a one-hour fitness session that finishes with a 10-minute-deep muscle release for a restorative mental and physical reset. It creates resilient pelvic and shoulder girdle mobility connected to a stable centre. Your instructor incorporates modifications and supports for individual requirements.
- **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.