

## YELLOW MEMBERSHIP

### FITNESS CIRCUITS

#### FOTP GYM - 64 Mackinnon Pd, North Adelaide

FC1	Tuesday	7.00am	Henry Cameron
FC2	Tuesday	9.00am	Henry Cameron
RTC6	Tuesday	12.00pm	Perry Woodfine
FC4	Tuesday	7.00pm	Alex Ashden
FC6	Thursday	7.00am	Alex Ashden
FC20	Thursday	8.00am	Alex Ashden
FC7	Thursday	9.00am	Alex Ashden
RTC7	Thursday	12.00pm	Perry Woodfine
FC9	Thursday	7.00pm	Todd Wachowicz
AER2	Friday	5.30pm	Alex Ashden
FC11	Saturday	9.30am	Megan Wheatley
CCS	Sunday	9.30am	Nikki Sleep

**Key:** RTC—Resistance Training Circuit - lower intensity

CCS - Cardio-Core-Strength (Sundays)

**Bold Print—Aerobic /Higher Intensity**

### CARDIO & RESISTANCE TRAINING CIRCUITS

RTC8	Monday	9.00am	Alex Ashden
RTC3	Monday	10.00am	Alex Ashden
RTC1	Monday	11.00am	Alex Ashden
RTC9	Wednesday	9.00am	Perry Woodfine
RTC4	Wednesday	10.00am	Perry Woodfine
RTC2	Wednesday	11.00am	Perry Woodfine
RTC10	Friday	9.00am	Todd Wachowicz
RTC5	Friday	10.00am	Todd Wachowicz
FC12	Friday	11.00am	Todd Wachowicz

**Key:** On the hour—Cardio

On the half hour—Resistance & Stretch

### PILATES

PIL2	Tuesday	11.00am	Davide Simoni
PIL	Wednesday	6.00pm	Davide Simoni
BS4	Wednesday	7.00pm	Davide Simoni
PIL3	Friday	1.00pm	Denise Ness
PIL4	Friday	3.00pm	Denise Ness

### FITBALL CLASS - 3/4 Hr Class

BALL 4	Thursday	11.00am	Alex Ashden
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## BLUE MEMBERSHIP

### AQUA CLASSES

#### Women's & Children's Hospital King William Road, North Adelaide

##### **Aquarobics**

WAQ7	Tuesday	6.00pm	Cheryl Housego
WAQ8	Thursday	6.00pm	Nina Walker

##### **Aqua Mobility**

AM2	Monday	5.30pm	Nina Walker
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### YOGA CLASSES

#### St Cyprian's Hall, 70 Melbourne St, North Adelaide

YOG3	Saturday	10.00am	Polly Holmes
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### CLASS CATEGORIES

**YELLOW** members can attend all classes - 2 or more per week. (If you attend any classes in the gym, such as Circuits, Pilates and Fit Ball, you must be enrolled as a **YELLOW** member).

**BLUE** can attend Aqua, Yoga and all classes in **GREEN** category - 2 or more per week, but not classes held in the gym i.e. Circuits, Be Stronger, Pilates and Fit Ball.

**GREEN** can attend classes listed under **GREEN** only - 2 or more per week.

**BE STRONGER** limited to 2 only Be Stronger' classes per week.

## GREEN MEMBERSHIP

### BACK CARE - Mobility Plus Advanced

#### St Cyprian's Hall, 70 Melbourne St, Nth Adelaide

MPA1	Tuesday	10.00am	Ann Moore
MPA3	Thursday	10.15am	Carolyn Piki

### FITNESS WALKING - NORTH ADELAIDE

#### FOTP - 64 Mackinnon Pd, North Adelaide

FW1	Monday	5.30pm	Sally Bullock
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### FOLK DANCING

#### St Andrews Hall - Archer St, North Adelaide

FD	Monday	5.30pm	Ann Moore
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### FIT FOR LIFE - SUBURBS

#### Urrbrae School Gym

##### Cnr Cross & Fullarton Roads, Urrbrae

URR1	Monday	5.30pm	Cheryl Housego
URR2	Thursday	5.30pm	Pam Evers

#### Brighton

##### Brighton High School - 305 Brighton Road, Brighton (during daylight saving.)

##### Winter: Somerton Baptist Hall, 1 Harrow Rd, Somerton Pk

BRI1	Monday	5.15pm	Catherine Doyle
BRI2	Wednesday	5.15pm	Janene Willis

## GREEN MEMBERSHIP

### FIT FOR LIFE & WEIGHTS & STRETCH

#### Venues:

**outdoor** Fitness on the Park: 64 MacKinnon Pd, North Adelaide  
**(Cyp)** St Cyprian's Hall - 70 Melbourne St, North Adelaide  
**(Arch)** Archer St - St Andrew's Hall - 92 Archer St, Nth Adelaide  
**(Spic)** Spicer Uniting Church Hall, 44a Fourth Ave, St Peters

#### MONDAY

CF1	outdoor	FL	7.00am	George Dunstan
CF2	outdoor	FL	7.30am	Daive Simoni
CF3	outdoor	W&S	9.00am	Anne Lang
CF34	outdoor	W&S	9.30am	Pam Evers
CF4	outdoor	FL	10.00am	Carolyn Piki
SEC1	<b>Cyp</b>	W&S Masters	2.00pm	Anne Lang
CF5	Spicer	W&S	5.30pm	Megan Wheatley

#### TUESDAY

CF9	outdoor	FL	7.00am	Perry Woodfine
CF9A	<b>Cyp</b>	FL	7.00am	Trevor Cibich
BS15	outdoor	W&S	8.30am	Janene Williss
CF11	outdoor	W&S	10.00am	Janene Williss

#### WEDNESDAY

HI-3	<b>outdoor</b>	<b>Cardio/Strength</b>	<b>7.00am</b>	<b>Henry Cameron</b>
CF17	outdoor	W&S	9.00am	Joy Walterfang
CF18	outdoor	FL	10.00am	Daive Simoni
WSC	outdoor	W&S (+cardio)	10.00am	Catherine Doyle
CF20	Spicer	W&S	5.30pm	Megan Wheatley

#### THURSDAY

CF22	outdoor	FL	7.00am	George Dunstan
CF23	outdoor	FL	7.00am	Perry Woodfine
CF24	outdoor	FL	7.30am	Joy Walterfang
MSC3	outdoor	W&S	9.00am	Carolyn Piki
CF25	outdoor	W&S	10.00am	Anne Lang
CF27	outdoor	W&S	5.00pm	Ann Moore

#### FRIDAY

HI-4	<b>outdoor</b>	<b>Cardio/Strength</b>	<b>7.00am</b>	<b>Eyerus Curtis</b>
CF31	<b>Cyp</b>	FL	7.00am	Trevor Cibich
SEC11	outdoor	W&S (+cardio)	10.00am	Catherine Doyle

#### SATURDAY

CF32	outdoor	W&S (+cardio)	8.00am	Anne Lang
HI-5	<b>outdoor</b>	<b>Cardio/Strength</b>	<b>8.30am</b>	<b>Eyerus Curtis</b>
CF33	outdoor	FL	9.00am	Marta Macras

#### \* FIT FOR LIFE (FL)

30 min exercise (weights/stretch/balance) & 30 min walk

#### \* WEIGHTS & STRETCH CLASSES (W&S)

1x hr classes using dumbbells: Strength/Stretch/Balance

#### \* MASTERS (Over 65's) Gentle: weights/stretch/balance

#### \* CARDIO/STRENGTH cardio, weights, interval training

## BE STRONGER—GYM

### FOTP GYM — 64 Mackinnon Pd, North Adelaide

BS1	Mon - Circuit	1.00pm	Gaynor Pope
BS10	Mon	2.00pm	Gaynor Pope
BS3	Monday	7.00pm	Lauren McDougall
BS11	Tuesday	1.00pm	Perry Woodfine
BS21	Tuesday	3.00pm	Perry Woodfine
BS2	Wed - Circuit	1.00pm	Gaynor Pope
BS12	Wed	2.00pm	Gaynor Pope
BS4	Wed— Pilates	7.00pm	Daive Simoni
BS13	Thursday	1.00pm	Perry Woodfine
BS22	Thursday	3.00pm	Perry Woodfine
PIL3	Friday - Pilates	1.00pm	Denise Ness
PIL4	Friday - Pilates	3.00pm	Denise Ness
BS9	Saturday	12.30pm	Megan Wheatley

#### SUSPENSIONS

- **2x holiday** suspensions per year
- **Minimum** suspension period of **2 weeks** and maximum 6 months
- Office is to be **notified prior to** the suspension
- **No retrospective** suspensions, except medical with doctor's certificate

#### MISSED CLASSES

- **Can be made up** any time you are a current member
- One class a week memberships - must be made up prior to expiry date

#### COURSE CANCELLATION

- Fitness on the Park reserves the right to cancel any class

#### OFFICE HOURS:

Monday to Friday 8.00am - 6.30pm  
 Saturday 8.30am - 11.30am

July - Aug

2018

Class

Timetable

Fitness on the Park



FITNESS ON THE PARK

64 MacKinnon Parade  
 North Adelaide SA 5006  
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