

YELLOW MEMBERSHIP

GYM CLASSES

FOTP GYM - 64 MacKinnon Pd, North Adelaide

FC1	Tuesday	7.00am	Melody Kuban
FC2	Tuesday	9.00am	Melody Kuban
RTC6	Tuesday	12.00pm	Tania Murphy
FC6	Thursday	7.00am	Melody Kuban
FC20	Thursday	8.00am	Melody Kuban
FC7	Thursday	9.00am	Melody Kuban
Ball 4	Thursday	11.00am	Melody Kuban
RTC7	Thursday	12.00pm	Josie Lock
FC9	Thursday	6.00pm	Josie Lock
FC11	Saturday	9.30am	Nick Chirgwin

Key: RTC - Cardio Resistance - moderate intensity
 CCS - Cardio-Core-Strength - moderate intensity
 CS - 45 min Cardio & Stretching - higher intensity
 Ball - Fitball/Core/Stretch
Bold Print - Aerobic / Higher Intensity

CARDIO & RESISTANCE TRAINING

RTC8	Monday	9.00am	Melody Kuban
RTC3	Monday	10.00am	Melody Kuban
RTC1	Monday	11.00am	Melody Kuban
RTC9	Wednesday	9.00am	Melody Kuban
RTC4	Wednesday	10.00am	Melody Kuban
RTC2	Wednesday	11.00am	Melody Kuban
RTC10	Friday	9.00am	Tania Murphy
RTC5	Friday	10.00am	Tania Murphy
FC12	Friday	11.00am	Tania Murphy

Key: On the hour - Cardio
 On the half hour - Resistance & Stretch

PILATES / CORE & STRETCH

PIL2	Tuesday	11.00am	Davide Simoni
PIL	Wednesday	6.00pm	Davide Simoni
BS4	Wednesday	7.00pm	Davide Simoni
PIL4	Friday	3.00pm	Tania Murphy

BLUE MEMBERSHIP

AQUA CLASSES

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

Aquarobics

WAQ7	Tuesday	6.00pm	Cheryl Housego
WAQ8	Thursday	6.10pm	Nina Walker

Pool closed due to Corona virus. Will advise when reopening.

YOGA CLASSES

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

YOG3	Saturday	10.00am	Lucy Verco
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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 (1xhour)

FW1	Monday	5.00pm	Sally Bullock
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FOLK DANCING

St Cyprians, Melbourne St, North Adelaide

FD	Tuesday	11.00am	Ann Moore
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FIT FOR LIFE - SUBURBS

Urrbrae School Gym

Cnr Cross & Fullarton Roads, Urrbrae

URR2	Thursday	5.30pm	Cheryl Housego
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Brighton

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

Somerton Baptist Hall, 1 Harrow Rd, Somerton Pk (Winter)

BRI1	Monday	5.00pm	Catherine Doyle
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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
Gym Winter only

MONDAY

CF1	Outdoor	FL	7.00am	George Dunstan
CF2	Outdoor	FL	7.30am	Davide Simoni
CF3	Outdoor	W&S	9.00am	Anne Lang
CF4	Outdoor	FL	10.00am	Carolyn Piki
SEC1	Gym	W&S Masters	2.00pm	Anne Lang
CF5	Outdoor	W&S	5.30pm	Cheryl Housego

TUESDAY

CF9	Outdoor	FL	7.00am	Christina Kyratzoulis
CF9A	Cyp	FL	7.00am	Trevor Cibich
BS15	Outdoor	W&S	8.30am	Dominique Corrado
CF11	Outdoor	W&S	10.00am	Dominique Corrado

WEDNESDAY

HI-3	Outdoor	Cardio/Strength	7.00am	Dominique Corrado
CF17	Outdoor	W&S	9.00am	Joy Walterfang
CF18	Outdoor	FL	10.00am	Davide Simoni
WSC	Outdoor	W&S (+cardio)	10.00am	Catherine Doyle
CF20	Outdoor	W&S	5.30pm	Dominique Corrado

THURSDAY

CF22	Outdoor	FL	7.00am	George Dunstan
CF23	Outdoor	FL	7.00am	Joshua Frkic
CF24	Outdoor	FL	7.30am	Joy Walterfang
CF25	Outdoor	W&S	10.00am	Anne Lang
CF27	Gym	W&S	5.00pm	Josie Lock

FRIDAY

HI-4	Outdoor	Cardio/Strength	7.00am	Christina K
CF31	Cyp	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	Outdoor	Cardio/Strength	8.30am	Christina K
CF33	Outdoor	FL	9.00am	Jenny Mead

* 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

BE STRONGER—GYM

FOTP GYM — 64 MacKinnon Pd, North Adelaide

BS1	Mon	1.00pm	Melody Kuban
BS3	Monday	6.00pm	Maria Voulgarakis
BS11	Tuesday	1.00pm	Tania Murphy
BS21	Tuesday	3.00pm	Tania Murphy
BS2	Wed	1.00pm	Nick Chirgwin
BS12	Wed	2.00pm	Nick Chirgwin
BS4	Wed - Pilates	7.00pm	Davide Simoni
BS13	Thursday	1.00pm	Josie Lock
BS22	Thursday	3.00pm	Josie Lock
BS7	Friday	1.00pm	Tania Murphy
PIL4	Friday - Pilates	3.00pm	Tania Murphy
BS9	Saturday	12.00pm	Nick Chirgwin

OFFICE HOURS:

Monday to Friday 8.30am - 4.00pm

SUSPENSIONS

- **Holiday suspensions 4 weeks** per year - no fee.
- **\$5 per week fee** after 4 weeks.
- **Minimum suspension period of 2 weeks**
- 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

November 2020 Class Timetable

Fitness on the Park

64 MacKinnon Parade
 North Adelaide SA 5006
 Phone: 08 8267 1887
 Email: fitnessonthepark@ozemail.com.au
 Web: www.fitnessonthepark.com.au