

## YELLOW MEMBERSHIP

### GYM CLASSES

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

FC1	Tuesday	7.00am	Lochy Gotch
FC2	Tuesday	9.00am	Lochy Gotch
RTC6	Tuesday	12.00pm	Dominique Corrado
FC6	Thursday	7.00am	Lochy Gotch
FC20	Thursday	8.00am	Lochy Gotch
FC7	Thursday	9.00am	Lochy Gotch
Ball 4	Thursday	11.00am	Josie Lock
RTC7	Thursday	12.00pm	Josie Lock
CF27	Thursday	5.00pm	Josie Lock
FC11	Saturday	9.30am	Nick Chirgwin

**Key:** RTC & FC - Cardio - Resistance  
- Moderate intensity

### CARDIO & RESISTANCE TRAINING

RTC8	Monday	9.00am	Nick Chirgwin
RTC3	Monday	10.00am	Nick Chirgwin
RTC1	Monday	11.00am	Andres Rodriguez
RTC9	Wednesday	9.00am	Maria Voulgarakis
RTC4	Wednesday	10.00am	Maria Voulgarakis
RTC2	Wednesday	11.00am	Maria Voulgarakis
RTC10	Friday	9.00am	Andres Rodriguez
RTC5	Friday	10.00am	Andres Rodriguez
FC12	Friday	11.00am	Andres Rodriguez

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

### PILATES

PIL2	Tuesday	11.00am	Jenny Mead
PIL	Wednesday	5.00pm	Jenny Mead
BS4	Wednesday	6.15pm	Jenny Mead

## BE STRONGER—GYM

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

BS1	Mon	1.00pm	Andres Rodriguez
CF5	Mon	5.00pm	Maria Voulgarakis
BS3	Monday	6.00pm	Maria Voulgarakis
BS11	Tuesday	1.00pm	Dominique Corrado
BS21	Tuesday	3.00pm	Dominique Corrado
BS2	Wed	1.00pm	Nick Chirgwin
BS12	Wed	2.00pm	Nick Chirgwin
BS4	Wed - Pilates	6.15pm	Jenny Mead
BS13	Thursday	1.00pm	Josie Lock
BS22	Thursday	3.00pm	Josie Lock
BS7	Friday	1.00pm	Ella Byrne
PIL4	Friday	3.00pm	Ella Byrne
BS9	Saturday	12.00pm	Nick Chirgwin

### 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.

## BLUE MEMBERSHIP

### YOGA CLASSES

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

YOG3	Saturday	10.00am	Lucy Verco
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## GREEN MEMBERSHIP

### BACK CARE - Mobility Plus Advanced

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

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

### FOLK DANCING

#### St Cyprians, Melbourne St, North Adelaide

FD	Tuesday	11.00am	Ann Moore
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### FIT FOR LIFE - SUBURBS

#### Brighton

**Brighton High School - 305 Brighton Road, Brighton**  
(during daylight saving.)  
**Somerton Baptist Hall, 1 Harrow Rd, Somerton Pk**  
(Winter)

BR1	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	Cheryl Housego
CF3	Outdoor	W&S	9.00am	Anne Lang
CF4	Outdoor	FL	10.00am	Carolyn Piki
SEC1	<b>Gym</b>	W&S Masters	2.00pm	Anne Lang
CF5	<b>Gym</b>	W&S	5.00pm	Maria Voulgarakis

### TUESDAY

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

### WEDNESDAY

HI-3	<b>Outdoor</b>	<b>Cardio/Strength</b>	<b>7.00am</b>	Dominique Corrado
CF17	Outdoor	W&S	9.00am	Joy Walterfang
CF18	Outdoor	FL	10.00am	Nina Walker
WSC	Outdoor	W&S (+cardio)	10.00am	Catherine Doyle
CF20	<b>Arch</b>	W&S	5.00pm	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	<b>Gym</b>	W&S	5.00pm	Josie Lock

### FRIDAY

HI-4	<b>Outdoor</b>	<b>Cardio/Strength</b>	<b>7.00am</b>	Christina K
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>	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) Held in the gym

Gentle Chair class - Strength/stretch/balance

### 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

### GYM OPENING HOURS

- **MONDAY** 6am - 7pm
- **TUESDAY** 6.30am - 5pm
- **WEDNESDAY** 6am - 7.30pm
- **THURSDAY** 6.30am - 6pm
- **FRIDAY** 6am - 4pm
- **SATURDAY** 7.30am - 1.30pm

# April 2021 Class Timetable

# Fitness on the Park

64 MacKinnon Parade  
North Adelaide SA 5006  
Phone: 08 8267 1887  
Email: [fitnessonthepark@ozemail.com.au](mailto:fitnessonthepark@ozemail.com.au)  
Web: [www.fitnessonthepark.com.au](http://www.fitnessonthepark.com.au)