

YELLOW MEMBERSHIP

GYM CLASSES

FOTP GYM - 64 MacKinnon Parade, 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	Andres Rodriguez
RTC7	Thursday	12.00pm	Andres Rodriguez
CF27	Thursday	5.00pm	Luciano Agostino
FC11	Saturday	9.30am	Andres Rodriguez

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

CARDIO & RESISTANCE TRAINING

RTC8	Monday	9.00am	Aga Knichnicka
RTC3	Monday	10.00am	Aga Knichnicka
RTC1	Monday	11.00am	Andres Rodriguez
RTC9	Wednesday	9.00am	Belle Shillabeer
RTC4	Wednesday	10.00am	Belle Shillabeer
RTC2	Wednesday	11.00am	Belle Shillabeer
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

BALANCE CLASS

BAL	Monday	3.00pm	Luciano Agostino
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PILATES

PIL2	Tuesday	11.00am	Jenny Mead
BS12	Wednesday	2.00pm	Christina Kyrtzoulis
PIL	Wednesday	5.00pm	Jenny Mead
BS4	Wednesday	6.00pm	Jenny Mead

BE STRONGER - GYM

FOTP GYM — 64 MacKinnon Parade, North Adelaide

BS1	Mon	1.00pm	Andres Rodriguez
CF5	Mon	5.00pm	Luciano Agostino
BS3	Monday	6.00pm	Luciano Agostino
BS11	Tuesday	1.00pm	Dominique Corrado
BS21	Tuesday	3.00pm	Dominique Corrado
BS2	Wed	1.00pm	Christina Kyrtzoulis
BS12	Wed - Pilates	2.00pm	Christina Kyrtzoulis
PIL	Wed - Pilates	5.00pm	Jenny Mead
BS4	Wed - Pilates	6.00pm	Jenny Mead
BS13	Thursday	1.00pm	Andres Rodriguez
BS22	Thursday	3.00pm	Luciano Agostino
BS9	Saturday	12.00pm	Andres Rodriguez

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).

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

YOGA

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

YOG3	Saturday	10.00am	Lucy Verco
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BACK CARE - Mobility Plus Advanced

St Cyprian's Hall, 70 Melbourne Street, North 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 Road, Somerton Park
(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 Parade, North Adelaide

Cyp St Cyprian's Hall - 70 Melbourne St, North Adelaide

Arch Archer St - St Andrew's Hall - 92 Archer St, Nth Adelaide

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	Gym	W&S Masters	2.00pm	Anne Lang

TUESDAY

CF9	Outdoor	FL	7.00am	Christina Kyrazoulis
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	Nina Walker
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	Tony Bridgman
CF24	Outdoor	FL	7.30am	Joy Walterfang
CF25	Outdoor	W&S	10.00am	Anne Lang

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) Held in the gym

Gentle Chair class - Strength/stretch/balance

* CARDIO/STRENGTH cardio, weights, interval training

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 - 7.00pm
- **THURSDAY** 6.30am - 6pm
- **FRIDAY** 6am - 4pm
- **SATURDAY** 7.30am - 1.30pm

Class Timetable 2022

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