

YELLOW MEMBERSHIP

GYM CLASSES

FOTP GYM - 64 MacKinnon Parade, North Adelaide

FC1	Tuesday	7.00am	Melody Kuban
FC2	Tuesday	9.00am	Melody Kuban
RTC6	Tuesday	12.00pm	Melody Kuban
FC6	Thursday	7.00am	Jesse Thompson
FC20	Thursday	8.00am	Jesse Thompson
FC7	Thursday	9.00am	Jesse Thompson
RTC7	Thursday	12.00pm	Jeannie Thompson
CF27	Thursday	5.00pm	Jeannie Thompson
FC11	Saturday	9.30am	Lukas Gallina

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

CARDIO & RESISTANCE TRAINING

RTC8	Monday	9.00am	Jeannie Thompson
RTC3	Monday	10.00am	Jeannie Thompson
RTC1	Monday	11.00am	Jeannie Thompson
RTC9	Wednesday	9.00am	Lukas Gallina
RTC4	Wednesday	10.00am	Lukas Gallina
RTC2	Wednesday	11.00am	Lukas Gallina
RTC10	Friday	9.00am	Jesse Thompson
RTC5	Friday	10.00am	Jesse Thompson
FC12	Friday	11.00am	Jesse Thompson

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

BALANCE CLASS

BAL	Monday	3.00pm	Madeleine McLeod
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PILATES

PIL2	Tuesday	11.00am	Jenny Mead
PIL	Wednesday	5.00pm	Madeleine McLeod
BS4	Wednesday	6.00pm	Madeleine McLeod
Ball 4	Thursday	11.00am	Jenny Mead

BE STRONGER - GYM

FOTP GYM — 64 MacKinnon Parade, North Adelaide

BS1	Monday	1.00pm	Jeannie Thompson
CF5	Monday	5.00pm	Madeleine McLeod
BS3	Monday	6.00pm	Madeleine McLeod
BS11	Tuesday	1.00pm	Melody Kuban
BS21	Tuesday	3.00pm	Melody Kuban
BS2	Wed	1.00pm	Madeleine McLeod
PIL	Wed - Pilates	5.00pm	Madeleine McLeod
BS4	Wed - Pilates	6.00pm	Madeleine McLeod
BS13	Thursday	1.00pm	Jeannie Thompson
BS22	Thursday	3.00pm	Jeannie Thompson
BS9	Saturday	12.00pm	Lukas Gallina

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 St, North Adelaide

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

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

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

FOLK DANCING

St Cyprian's Hall, 70 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 Pikl
SEC1	Gym	W&S Masters	2.00pm	Anne Lang

TUESDAY

CF9	Outdoor	FL	7.00am	Tony Bridgman
CF9A	Cyp	FL	7.00am	Trevor Cibich
BS15	Outdoor	W&S	8.30am	Tony Bridgman
CF11	Outdoor	W&S	10.00am	Tony Bridgman

WEDNESDAY

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

THURSDAY

CF22	Outdoor	FL	7.00am	George Dunstan
CF23	Outdoor	FL	7.00am	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	Jeannie Thompson
CF33	Outdoor	FL	9.00am	Tony Bridgman

* 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 8.00am - 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 - 7pm
- **THURSDAY** 6.30am - 6pm
- **FRIDAY** 6am - 4pm
- **SATURDAY** 7.30am - 1.30pm

Class Timetable August 2023

Fitness on the Park

64 MacKinnon Parade
North Adelaide SA 5006
Phone: 08 8267 1887
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