

## YELLOW MEMBERSHIP

### GYM CLASSES

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

FC1	Tuesday	7.00am	Dan Brown
FC2	Tuesday	9.00am	Trevor Cibich
CSB	Tuesday	11.00pm	Trevor Cibich
RTC6	Tuesday	12.00pm	Ethan Gifford
FC6	Thursday	7.00am	Dan Brown
FC20	Thursday	8.00am	Dan Brown
FC7	Thursday	9.00am	Dan Brown
CSB1	Thursday	11.00am	Robert Munda
RTC7	Thursday	12.00pm	Robert Munda
FC11	Saturday	9.30am	Joshua Scarpantoni

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

### CARDIO & RESISTANCE TRAINING

RTC8	Monday	9.00am	Joshua Scarpantoni
RTC3	Monday	10.00am	Jeannie Thompson
RTC1	Monday	11.00am	Jeannie Thompson
RTC9	Wednesday	9.00am	Ethan Gifford
RTC4	Wednesday	10.00am	Ethan Gifford
RTC2	Wednesday	11.00am	Ethan Gifford
RTC10	Friday	9.00am	Marijana McFarlane
RTC5	Friday	10.00am	Marijana McFarlane
FC12	Friday	11.00am	Marijana McFarlane

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

### BALANCE CLASS

BAL	Monday	3.00pm	Christina Kyrtzoulis
BS4	Wed - Stretch & Balance	4.00pm	Rachael McCormack

### PILATES / YOGA

YOGAS	Wed - Seated Yoga	2.00pm	Rachael McCormack
PIL	Wed - Pilates	5.00pm	Rachael McCormack

## BE STRONGER - GYM

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

BS1	Monday	1.00pm	Jeannie Thompson
SEC1	Monday (over 65's)	2.00pm	Anne Lang
BAL	Monday	3.00pm	Christina Kyrtzoulis
CF5	Monday	5.00pm	Christina Kyrtzoulis
BS3	Monday	6.00pm	Christina Kyrtzoulis
BS11	Tuesday	1.00pm	Ethan Gifford
BS21	Tuesday	3.00pm	Ethan Gifford
BS2	Wed	1.00pm	Rachael McCormack
YOGS	Wed - Seated Yoga	2.00pm	Rachael McCormack
BS4	Wed - Stretch & Balance	4.00pm	Rachael McCormack
PIL	Wed - Pilates	5.00pm	Rachael McCormack
BS13	Thursday	1.00pm	Robert Munda
BS22	Thursday	3.00pm	Jeannie Thompson
CF27	Thursday	5.00pm	Jeannie Thompson
BS9	Saturday	12.00pm	Joshua Scarpantoni

### 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	Michelle Hall
MPA3	Thursday	10.00am	Carolyn Piki

### 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	Anne Marks
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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
CF5	Gym	FL	5.00pm	Christina K

### TUESDAY

CF9	Outdoor	FL	7.00am	Cheryl Housego
CF9A	<b>Cyp</b>	FL	7.00am	Trevor Cibich
BS15	Outdoor	W&S	8.30am	Tony Bridgman
CF11	Outdoor	W&S	10.00am	Tony Bridgman

### WEDNESDAY

HI-3	<b>Outdoor</b>	<b>Cardio/Strength</b>	<b>7.00am</b>	Dominique Corrado
CF17	Outdoor	W&S	9.00am	Joy Walterfang
WSC	Outdoor	W&S (+cardio)	10.00am	Catherine Doyle
CF20	Cyp	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	<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/Cheryl
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** 6.30am - 7pm
- **TUESDAY** 6.30am - 4pm
- **WEDNESDAY** 6.30am - 6pm
- **THURSDAY** 6.30am - 6pm
- **FRIDAY** 6.30am - 4pm
- **SATURDAY** 8.00am - 1.30pm

# Class Timetable 2026

# Fitness on the Park

64 MacKinnon Parade  
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