






YMCA Group Fitness TIMETABLE

	6.00am	9.00/10am Check Below for time	12.15pm	5.30pm	6.00pm	
MON						
TUES						
WED						
THURS						 
FRI						
SAT 8am		Phone for more details 8679259				



Revolutionary Indoor Cycling (Wed 9am & Fri 9.30am)



Kath's Club 10:30-11:30am (FREE)
(Arthritis Foundation)



Modified Tai Chi for the Elderly 10.30am Free/ 5:30pm \$3



GrX Morena Workouts (GYM) 9am-12pm \$3



Zumba Gold 9.30-10.30am \$3



50's Forward 9.30am – Group Aerobics \$3



Muscular & Body Conditioning focused on
utilising resistance (Functional Fitness) Wed 6-7pm



High Energy classes that are primarily Cardio based
Mon & Thurs 6-7pm