

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00					
8.15					
8.30			<b>Equipment</b> 8.30-9.15		<b>Equipment</b> 8.30-9.15
8.45					
9.00	<b>LifeStyle Fitness</b> 9.00-10.00	<b>OsteoFit</b> 9.00-10.00		<b>LifeStyle Fitness</b> 9.00-10.00	
9.15					
9.30					
9.45					<b>Equipment</b> 9.30-10.15
10.00					
10.15	<b>OsteoFit</b> 10.15-11.15	<b>Equipment</b> 10.00-10.45			
10.30					
10.45			<b>Equipment</b> 10.30-11.15	<b>Equipment</b> 10.30-11.15	
11.00					
11.15			<b>Equipment</b> 11.00-11.45		
11.30					
2.00	<b>Equipment</b> 2.00-2.45			<b>Equipment</b> 2.00-2.45	<b>OsteoFit</b> 2.00-3.00
2.15					
2.30					
2.45					
3.00					
4.00					
4.15				<b>Equipment</b> 4.00-4.45	
4.45					
5.00					
5.15				<b>OsteoFit</b> 5.00-6.00	
5.45					
6.00	<b>Equipment</b> 5.45-6.30		<b>Equipment</b> 5.45-6.30		
6.15					
6.30					

Time	Monday	Tuesday	Wednesday	Thursday	Friday		
8.00				<b>Flexibility &amp; Spinal Control</b> 8.00-8.45			
8.15							
8.30							
8.45							
9.15		<b>Controlled Floor</b> 9.15-10.00					
9.30						<b>Foundation Floor</b> 9.30-10.15	
9.45							
10.00			<b>Foundation Floor</b> 10.00-10.45				
10.15							
10.30				<b>Mindful Movement</b> 10.15-11.00	<b>Mindful Movement</b> 10.30-11.15		
10.45							
11.00		<b>Mindful Movement</b> 11.00-11.45					
11.15							
11.45							
2.00	<b>Parkinson's Mobility Online</b> 2.00-2.45						
2.15							
2.45							
3.00							
4.00	<b>Foundation Floor Online</b> 4.00-4.45						
4.15							
4.45							
5.00	<b>Mindful Movement</b> 5.00-5.45	<b>Controlled Floor</b> 5.00-5.45	<b>Controlled Floor Online</b> 5.00-5.45				
5.15							
5.30							
5.45	<b>Foundation Floor</b> 5.45-6.30	<b>Cardio</b> 5.45-6.15					
6.00							
6.15							
6.30							

 Online Classes

## Exercise Classes

**Foundation Floor** – 45 minutes of floor class where you learn specific spinal stabilisation whilst maintaining a neutral spine.

**Mindful Movement** – 45 minute class builds on the skills developed in foundation floor with the gentle and safe addition of spinal movement.

**Controlled Floor** – 45 minute class is an advanced floor class to challenge your spinal control, improve strength, endurance, flexibility and balance.

**Equipment** – Intermediate to advanced Pilates equipment class with each person working on their individualized program.

**Flexibility and Spinal Control for Men** – Floor program for men working on core control, strength and flexibility with occasional equipment work.

**Balance for Life** – 45 minutes focused on improving your dynamic balance incorporating some Tai Chi components and reduced risk of falls.

**OsteoFit** – 60 minute class, high resistance and impact training, based on current validated research and modified to meet individualized needs.

**Parkinson's Mobility Program** – a 45 minute online class working on general mobility, upper and lower limb functional strength and balance in your own home via Zoom.

**LifeStyle Fitness** – 1 hour class where participants work on strength, coordination, balance and cardiovascular fitness using a variety of exercise equipment including free weights, gymsticks, Swiss balls exercise bike and treadmill.

**Cardio** - A ½ hour class that targets cardiovascular fitness.

**Chair Based Pilates** – An exercise class focusing on gentle joint mobility and upper and lower limb strength. Most exercises are completed in sitting but some standing exercises are included.

### ***The Bottom Line***

**Cost** **Prepay = \$285** for ten classes when prepaid (\$28.50 p/class)  
\*3 months to use 10 classes, applicable to equipment and floor Pilates

**Or** **Pay as you go = \$33**

Except for the following programs and classes

LifeStyle Fitness = **\$365** (10 classes + pre and post fitness test)



## Exercise Program Timetable

Private Health Rebates Apply

Maximum of 6 people class - **BOOKINGS ESSENTIAL**

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