

BALWYN EVERGREEN CENTRE – EXERCISE TIMETABLE

DAY	TIME	CLASS	INSTRUCTOR	DESCRIPTION
SIT for STRENGTH [GENTLE]				
Tuesday	1.45pm	Seated Strength Exercise	Simone Arndt	Gentle chair-based exercise using light hand weights and resistance bands. Improve mobility, range of motion and strength. Suitable for beginners and those who want to maintain their ability to perform day-to-day tasks.
Wednesday	10:15am	Seated Strength Exercise	Jon North	
Friday	11:00am	Seated Strength Exercise	Jon North	
SIT & GET FIT [MODERATE]				
Monday	11:45am	Strength & Balance	Simone Arndt	Chair based focusing on mobility and building muscular strength and endurance using hand weights and resistance bands. Component of balance challenge using a chair or wall mounted rails for support if needed.
Tuesday	11:00am	Strength & Balance	Simone Arndt	
Tuesday	9:30am	Challenge Your Balance	Simone Arndt	Standing and seated exercises to reduce risk of falls by improving balance and strength
Wednesday	10:15am	Strength Exercise	Tom Scott	Seated and standing exercises using hand weights, resistance bands and more. Stay fit and agile, work at a faster pace and stay stronger for longer.
Friday	9:00am	Tai Chi for Balance	Connie Wong	Mind and body exercise with focus on control of movements and breathing with the aim to improve balance and body co-ordination.
BALANCE PLUS CHALLENGE [FOR THE ACTIVE]				
Monday	9.15am	Zumba Gold	Meredith Read	Latin dance inspired workout; working muscles of the hips, legs and arms
Monday	10:30am	Aerobics & Strength	Simone Arndt	30 mins easy to follow aerobic moves to music; 30 mins of strength training
Thursday	9:30am	Men's Exercise	Jon North	Workout to stay strong, improve fitness, endurance, balance and flexibility
Thursday	9:30am	Movement to Music	Simone Arndt	An active workout with music incorporating light aerobics to improve agility, endurance, balance, flexibility and coordination
Friday	10:00am	Tai Chi for Health	Connie Wong	An entry level Tai Chi class to improve body control and co-ordination with a focus on flow and agility.
Each session is 1 hour; following each session join us for a cuppa and a chat.				

GYM CIRCUIT TRAINING AT BALWYN EVERGREEN CENTRE

DAY	TIME	PROGRAM	INSTRUCTOR	DESCRIPTION
Tuesday	11:00am	Gym Circuit	Simone Arndt	Personalised individual training program
Wednesday	10:30am	Gym Circuit	Simone Arndt	
Thursday	11:00am	Shapeshifters Lady's Circuit	Simone Arndt	
Space is limited to 8 people, so book ahead.				