

YELLOW MEMBERSHIP

CD	DAY	TIME	INSTRUCTOR
----	-----	------	------------

FITNESS CIRCUITS

FOTP GYM - 64 Mackinnon Pd, North Adelaide

FC1	Tuesday	7.00am	Davide Simoni
FC2	Tuesday	9.00am	Davide Simoni
RTC6	Tuesday	12.00pm	Perry Woodfine
FC4	Tuesday	7.00pm	Alex Ashden
FC6	Thursday	7.00am	Alex Ashden
FC20	Thursday	8.00am	Alex Ashden
FC7	Thursday	9.00am	Alex Ashden
RTC7	Thursday	12.00pm	Perry Woodfine
FC9	Thursday	7.00pm	Nikki Sleep
AER2	Friday	5.30pm	David Cecchi
FC11	Saturday	9.30am	Louanna Hacket
CCS	Sunday	9.30am	Nikki Sleep

Key: *RTC—Resistance Training Circuit - lower intensity*

CCS - Cardio-Core-Strength (Sundays)

Bold Print—Aerobic /Higher Intensity

CARDIO & RESISTANCE TRAINING CIRCUITS

RTC8	Monday	9.00am	Alex Ashden
RTC3	Monday	10.00am	Alex Ashden
RTC1	Monday	11.00am	Alex Ashden
RTC9	Wednesday	9.00am	Perry Woodfine
RTC4	Wednesday	10.00am	Perry Woodfine
RTC2	Wednesday	11.00am	Perry Woodfine
RTC10	Friday	9.00am	Perry Woodfine
RTC5	Friday	10.00am	Perry Woodfine
FC12	Friday	11.00am	Perry Woodfine

Key: *On the hour—Cardio*

On the half hour—Resistance & Stretch

INTRODUCTION TO PILATES

PIL2	Tuesday	11.00am	Davide Simoni
PIL	Wednesday	6.00pm	Davide Simoni

FITBALL CLASS - 1/2 Hr Class

BALL 4	Thursday	11.00am	Alex Ashden
--------	----------	---------	-------------

BLUE MEMBERSHIP

CD	DAY	TIME	INSTRUCTOR
----	-----	------	------------

AQUA CLASSES

Women's & Children's Hospital **King William Road, North Adelaide**

Aquarobics

WAQ7	Tuesday	6.00pm	Cheryl Housego
WAQ8	Thursday	6.00pm	Helen Walker

Aqua Mobility

AM2	Monday	5.30pm	Nina Walker
-----	--------	--------	-------------

YOGA CLASSES

St Andrew's Hall, 92-98 Archer St, North Adelaide

YOG1	Wednesday	6.00pm	Polly Holmes
------	-----------	--------	--------------

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

YOG3	Saturday	10.00am	Polly Holmes
------	----------	---------	--------------

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).

BLUE can attend Aqua, Yoga and all classes in **GREEN** category - 2 or more per week, but not classes held in the gym i.e. Circuits, Be Stronger, Pilates and Fit Ball.

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

CD	DAY	TIME	INSTRUCTOR
----	-----	------	------------

BACK CARE - Mobility Plus Advanced

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

MPA1	Tuesday	10.00am	Ann Moore
MPA3	Thursday	10.15am	Carolyn Piki

FITNESS WALKING - NORTH ADELAIDE

FOTP - 64 Mackinnon Pd, North Adelaide

FW1	Monday	5.30pm	Sally Bullock
-----	--------	--------	---------------

FOLK DANCING

St Andrews Hall - Archer St, North Adelaide

FD	Monday	5.30pm	Ann Moore
----	--------	--------	-----------

FIT FOR LIFE - SUBURBS

Urrbrae School Gym - Cnr Cross & Fullarton Roads, Urrbrae

URR1	Monday	5.30pm	Cheryl Housego
URR2	Thursday	5.30pm	Pam Evers

Brighton High School - 305 Brighton Road, Brighton

BRI1	Monday	5.30pm	Catherine Doyle
BRI2	Wednesday	5.30pm	Janene Willis

GREEN MEMBERSHIP

CD	VENUE	CLASS	TIME	INSTRUCTOR
FIT FOR LIFE & WEIGHTS & STRETCH				
outdoor (Cyp) (Arch) (Spic)	Fitness on the Park: 64 MacKinnon Pd, North Adelaide			
	St Cyprian's Hall - 70 Melbourne St, North Adelaide			
	Archer St - St Andrew's Hall - 92-98 Archer St, Nth Adelaide			
	Spicer Uniting Church Hall, 44a Fourth Ave, St Peters			
MONDAY				
CF1	outdoor	FL	7.00am	George Dunstan
CF2	outdoor	FL	7.30am	Davide Simone
CF3	outdoor	W&S	9.00am	Anne Lang
CF34	outdoor	W&S	9.30am	Pam Evers
CF4	outdoor	FL	10.00am	Carolyn Piki
SEC1	Cyp	W&S Masters	2.00pm	Anne Lang
CF5	Spic	W&S	5.30pm	Helen Walker
TUESDAY				
CF9	outdoor	FL	7.00am	Perry Woodfine
CF9A	Cyp	FL	7.00am	Trevor Cibich
BS15	outdoor	W&S	8.30am	Janene Williss
CF11	outdoor	W&S	10.00am	Janene Williss
CF13	Arch	W&S	5.00pm	Pam Evers
WEDNESDAY				
HI-3	outdoor	Cardio/Strength	7.00am	Nikki Sleep
CF17	outdoor	W&S	9.00am	Joy Walterfang
CF18	outdoor	FL	10.00am	Helen Walker
WSC	outdoor	W&S (+cardio)	10.00am	Catherine Doyle
CF20	Spic	W&S	5.30pm	Helen Walker
THURSDAY				
CF22	outdoor	FL	7.00am	George Dunstan
CF23	outdoor	FL	7.00am	Perry Woodfine
CF24	outdoor	FL	7.30am	Joy Walterfang
MSC3	outdoor	W&S	9.00am	Carolyn Piki
CF25	outdoor	W&S	10.00am	Anne Lang
SEC8	Cyp	W&S Masters	11.15am	Anne Lang
CF27	Arch	W&S	5.00pm	Ann Moore
FRIDAY				
HI-4	outdoor	Cardio/Strength	7.00am	Alex Ashden
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	Lauren McDougall
CF33	outdoor	FL	9.00am	Helen Walker

Key: * **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) Gentle: weights/stretch/balance

* **CARDIO/STRENGTH** cardio, weights, interval training

BE STRONGER—GYM

CD	VENUE	CLASS	TIME	INSTRUCTOR
FOTP—64 Mackinnon Pd, North Adelaide				
BS1	Mon - Circuit	1.00pm	Gaynor Pope	
BS10	Mon - Circuit	3.00pm	Gaynor Pope	
BS3	Monday	7.00pm	Louanna Hacket	
BS11	Tuesday	1.00pm	Perry Woodfine	
BS21	Tuesday	3.00pm	Perry Woodfine	
BS2	Wed - Circuit	1.00pm	Gaynor Pope	
BS12	Wed - Circuit	3.00pm	Gaynor Pope	
BS4	Wednesday	7.00pm	Davide Simoni	
BS13	Thursday	1.00pm	Perry Woodfine	
BS22	Thursday	3.00pm	Perry Woodfine	
BS7	Friday - Circuit	1.00pm	Gaynor Pope	
BS14	Friday - Circuit	3.00pm	Gaynor Pope	
BS9	Saturday	12.30pm	Louanna Hacket	

SUSPENSIONS

- **2x holiday** suspensions per year
- **Minimum** suspension period of **2 weeks** and maximum 6 months
- 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

OFFICE HOURS: Monday to Friday 8.00am - 6.30pm
Saturday 8.30am - 11.30am

May-June

2017

Class

Timetable



64 MacKinnon Parade
North Adelaide SA 5006
Phone: 08 8267 1887
Email: fitnessonthepark@ozemail.com.au
Web: www.fitnessonthepark.com.au

Fitness on the Park