

YELLOW MEMBERSHIP

CD	DAY	TIME	INSTRUCTOR
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FITNESS CIRCUITS

FOTP GYM - 64 Mackinnon Pd, North Adelaide

FC1	Tuesday	7.00am	Gary Gregory
FC2	Tuesday	9.00am	Gary Gregory
RTC6	Tuesday	12.00pm	Perry Woodfine
FC4	Tuesday	7.00pm	Beau Dolan
FC6	Thursday	7.00am	Gary Gregory
FC7	Thursday	9.00am	Gary Gregory
RTC7	Thursday	12.00pm	Perry Woodfine
FC9	Thursday	7.00pm	Anna/Gary
FC11	Saturday	9.30am	Gary Gregory

Key: *RTC*—Resistance Training Circuit - lower intensity
Bold Print—Aerobic /Higher Intensity
**Bold italics*— high intensity for fitter person

CARDIO & RESISTANCE TRAINING CIRCUITS

RTC8	Monday	9.00am	Perry Woodfine
RTC3	Monday	10.00am	Perry Woodfine
RTC1	Monday	11.00am	Perry Woodfine
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

FITBALL CLASSES - 1/2 Hr Class

BALL 2	Tuesday	11.00am	Gary Gregory
BALL 4	Thursday	11.00am	Gary Gregory

BLUE MEMBERSHIP

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AQUA CLASSES

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

Aquarobics

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

Aqua Mobility

AM2	Monday	5.00pm	Denise Ness
AM3	Wednesday	9.00am	Denise Ness

YOGA CLASSES

Banana Room - 125 Melbourne St, Nth Adelaide

YOG1	Wednesday	6.00pm	Subroto Ghosh
YOG3	Saturday	10.00am	Leonor Miranda-Estay

BETTER BALANCE CLASS

Fitness on the Park - 64 Mackinnon Pd, North Adelaide

Balance - Strength - Stretching (including weights)

NF1	Wednesday	2.00pm	Catherine Doyle
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CLASS CATEGORIES

YELLOW members can attend all classes including *BLUE* and *GREEN*. If you attend any classes in the gym, such as Circuits and Fit Ball, you must be enrolled as a *YELLOW* member.

BLUE can attend Aqua, Yoga and all classes in *GREEN* category, but not classes held in the gym i.e. Circuits and Fit Ball.

GREEN can attend classes listed under *GREEN* only

GREEN MEMBERSHIP

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BACK CARE - Mobility Plus Advanced

Banana Room - 125 Melbourne St, Nth Adelaide

MPA1	Tuesday	10.00am	Ann Moore
MPA3	Thursday	10.00am	Carolyn Piki
MPA2	Tuesday	5.30pm	Trevor Cibich
MPA4	Thursday	5.30pm	Anne Moore

FITNESS WALKING - NORTH ADELAIDE

FOTP - 64 Mackinnon Pd, North Adelaide

FW1	Monday	5.30pm	Sally Bullock
FW2	Wednesday	5.30pm	Sally Bullock

NORDIC WALKING - (Using poles)

FOTP - 64 Mackinnon Pd, North Adelaide

NW	Tuesday	5.30pm	Nina Walker
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FOLK DANCING

St Andrews Hall - Archer St, North Adelaide

FD	Monday	5.30pm	Ann Moore
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ZUMBA

Banana Room - 125 Melbourne St, Nth Adelaide

ZUM	Monday	11.00am	Xanthia Culgan
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FIT FOR LIFE - SUBURBS

Blackwood Primary - Shepherds Hill Road, Eden Hills

BCC1	Monday	5.30pm	Christine Dippy
BCC2	Wednesday	5.30pm	Christine Dippy

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	Catherine Doyle

GREEN MEMBERSHIP

CD	VENUE	CLASS	TIME	INSTRUCTOR
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FIT FOR LIFE & WEIGHTS & STRETCH

FOTP outdoor - Fitness on the Park: 64 MacKinnon Pd, North Adelaide
Banana - Banana Room: 125 Melbourne St, North Adelaide

MONDAY

CF1	outdoor	FL	7.00am	George Dunstan
CF2	outdoor	FL	7.30am	Anne Marks
CF3	outdoor	W&S	9.00am	Anne Lang
CF34	outdoor	W&S	9.30am	Philip Hammond
CF4	outdoor	FL	10.00am	Carolyn Piki
CF36	outdoor	W&S	11.15am	Carolyn Piki
SEC1	outdoor	W&S Masters	2.00pm	Anne Lang
CF5	outdoor	W&S	5.30pm	Helen Walker
HI-1	outdoor	High Intensity	6.30pm	Sam Corcobado

TUESDAY

CF9	outdoor	FL	7.00am	Perry Woodfine
CF9A	Banana	FL	7.00am	Trevor Cibich
BS15	outdoor	W&S	8.00am	Carolyn Piki
MSC1	outdoor	FL	9.00am	Carolyn Piki
CF11	outdoor	W&S	10.00am	Carolyn Piki
SEC3	Banana	W&S Masters	11.00am	Ann Moore
CF13	outdoor	FL	5.30pm	George Dunstan

WEDNESDAY

HI-3	outdoor	High Intensity	7.00am	Adam Lidiard
CF17	outdoor	W&S	9.00am	Joy Walterfang
CF18	outdoor	FL	10.00am	Helen Walker
CF20	outdoor	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	FL	9.00am	Carolyn Piki
CF25	outdoor	W&S	10.00am	Anne Lang
SEC8	Banana	W&S Masters	11.15am	Anne Lang
CF27	outdoor	FL	5.30pm	George Dunstan

FRIDAY

HI-4	outdoor	High Intensity	7.00am	Rose Merritt
CF31	Banana	FL	7.00am	Trevor Cibich
SEC11	outdoor	W&S	10.00am	Catherine Doyle
CF37	outdoor	W&S	11.00am	Ann Moore

SATURDAY

CF32	outdoor	FL	8.00am	Helen Walker
HI-5	outdoor	High Intensity	8.30am	Adam Lidiard
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

* HIGH INTENSITY cardio, weights, interval training

GREEN MEMBERSHIP (Cont.)

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LAP SWIMMING & STROKE CORRECTION

State Swim Centre - 273 The Parade, Norwood

SW2	Tuesday	6.30am	Elly Fleig
SW4	Thursday	6.30am	Elly Fleig

Pool entry fees: Per session:- \$6
15 visits:- \$80.50
30 visits:- \$143

NB: Pool admission fees are over & above membership fees. Prices as at March 2009

BE STRONGER—GYM

CD	VENUE	CLASS	TIME	INSTRUCTOR
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FOTP—64 Mackinnon Pd, North Adelaide

BS1	Mon - Circuit	1.00pm	Gaynor Pope
BS10	Mon - Circuit	3.00pm	Gaynor Pope
BS3	Monday	7.00pm	Gary Gregory
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	Lisa Golder
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	Gary Gregory

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 day 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 - 7.30pm
	Saturday	8.30am - 12.00pm

2012

Class

Timetable



FITNESS ON THE PARK

64 MacKinnon Parade
North Adelaide SA 5006
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Fitness on the Park