

## YELLOW MEMBERSHIP

CD DAY TIME INSTRUCTOR

### FITNESS CIRCUITS

#### FOTP GYM - 64 Mackinnon Pd, North Adelaide

FC1	Tuesday	7.00am	Nick Pateras
FC2	Tuesday	9.00am	Nick Pateras
RTC6	Tuesday	12.00pm	Perry Woodfine
FC4	Tuesday	7.00pm	Beau Dolan
FC6	Thursday	7.00am	Nick Pateras
FC7	Thursday	9.00am	Nick Pateras
RTC7	Thursday	12.00pm	Perry Woodfine
FC9	Thursday	7.00pm	Nick Pateras
AER1	<b>*Friday</b>	<b>12.00pm</b>	<b>Gaynor Pope</b>
	<i>(small group training—higher intensity 1/2 Hr Class )</i>		
AER2	<b>Friday</b>	<b>5.30pm</b>	<b>Beau Dolan</b>
(Ball/Weights)	<b>Friday</b>	<b>6.00pm</b>	<b>Beau Dolan</b>
FC11	<b>Saturday</b>	<b>9.30am</b>	<b>Dylan Pfitzner</b>

**Key:** *RTC—Resistance Training Circuit I - 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	Nick Pateras
BALL 4	Thursday	11.00am	Nick Pateras

## BLUE MEMBERSHIP

CD DAY TIME INSTRUCTOR

### AQUA CLASSES

#### Hindmarsh Pool - 19 Holden Street, Hindmarsh

#### Aqua Mobility Plus

AM2	Tuesday	1.00pm	Anne Lang
AM3	Wednesday	1.00pm	Claire Young
AM6	Friday	12.30pm	Tim Lathlean
AS6	<b>Friday</b>	<b>1.15pm</b>	<b>Tim Lathlean</b>
			<i>(higher intensity)</i>

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

#### Aquarobics

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

### YOGA CLASSES

#### Banana Room - 125 Melbourne St, Nth Adelaide

YOG1	Wednesday	6.00pm	Sue Kelman Taylor
YOG3	Saturday	10.00am	Sue Kelman Taylor

### NO FALLS - STRENGTH - STRETCHING CHAIR BASED CLASS

#### Fitness on the Park - 64 Mackinnon Pd, North Adelaide Balance - Strength - Stretching (including weights)

NF1	Wednesday	2.00pm	Anne Lang
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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 Pikel
MPA2	Tuesday	6.00pm	Marina Teo

#### St Andrews Hall - Archer St, North Adelaide

MPA4	Thursday	5.30pm	Trevor Cibich
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### FITNESS WALKING - NORTH ADELAIDE

#### FOTP - 64 Mackinnon Pd, North Adelaide

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

### FOLK DANCING

#### St Andrews Hall - Archer St, North Adelaide

FD	Monday	5.30pm	Ann Moore
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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

#### Burnside Primary School - 11 High Street, Burnside

MOR1	Monday	5.30pm	Claire Young
MOR2	Thursday	5.30pm	Claire Young

#### Brighton High School - 305 Brighton Road, Brighton

BRI1	Monday	6.00pm	Catherine Doyle
BRI2	Wednesday	6.00pm	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	Tim Lathlean

#### 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	Tim Lathlean
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
SEC10	Banana	FL Masters	5.30pm	Anne Marks

#### FRIDAY

HI-4	outdoor	High Intensity	7.00am	Adam Lidiard
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.)

CD	DAY	TIME	INSTRUCTOR
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### LAP SWIMMING & STROKE CORRECTION

#### Adelaide Aquatic Centre - Jeffcott Street, North Adelaide

SW1	Monday	7.00am	Elly Fleig
SW3	Wednesday	7.00am	Elly Fleig

Pool entry fees: Per session:- \$6.50 (concession \$5.50)  
10 visits:- \$57 (conc. \$48.50)  
30 visits:- \$146.30 (conc. \$126)

#### 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	Monday	1.00pm	Gaynor Pope
BS10	Monday	3.00pm	Gaynor Pope
BS3	Monday	7.00pm	Lora Guiducci
BS11	Tuesday	1.00pm	Perry Woodfine
BS21	Tuesday	3.00pm	Perry Woodfine
BS2	Wednesday	1.00pm	Gaynor Pope
BS12	Wednesday	3.00pm	Gaynor Pope
BS4	Wednesday	7.00pm	Nick Pateras
BS13	Thursday	1.00pm	Perry Woodfine
BS22	Thursday	3.00pm	Perry Woodfine
BS7	Friday	1.00pm	Gaynor Pope
BS14	Friday	3.00pm	Gaynor Pope
BS9	Saturday	12.30pm	Dylan Pfitzner

## STRENGTH FOR LIFE

#### FOTP—64 Mackinnon Pd, North Adelaide

SL1	Tuesday	6.00pm	Joy Walterfang
SL2	Thursday	6.00pm	Joy Walterfang

#### SUSPENSIONS

- There is a **minimum suspension** period of 2 weeks
- Office is to be **notified in writing 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

July

2010

Class

Timetable



FITNESS ON THE PARK

64 MacKinnon Parade  
North Adelaide SA 5006  
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Fitness on the Park