

YELLOW MEMBERSHIP

CD DAY TIME INSTRUCTOR

FITNESS CIRCUITS

FOTP GYM - 64 Mackinnon Pd, North Adelaide

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

Key: *RTC—Resistance Training Circuit 1 - 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	Verity Booth
BALL 4	Thursday	11.00am	Verity Booth

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	Joy Walterfang
AS6	Friday	1.15pm	Joy Walterfang (higher intensity)

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
-----	-----------	--------	-----------

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

CD DAY TIME INSTRUCTOR

FELDENKRAIS—Mobility Plus Beginners

Banana Room - 125 Melbourne St, Nth Adelaide

MPB1	Monday	12.30pm	Kate Logan
MPB2	Wednesday	12.30pm	Kate Logan

BACK CARE - Mobility Plus Advanced

Banana Room - 125 Melbourne St, Nth Adelaide

MPA1	Tuesday	10.00am	Emily Kilner
MPA3	Thursday	10.00am	Carolyn Pikel
MPA2	Tuesday	6.00pm	Marina Teo

St Andrews Hall - Archer St, North Adelaide

MPA4	Thursday	5.30pm	Emily Kilner
------	----------	--------	--------------

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
----	--------	--------	-----------

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

BR1	Monday	6.00pm	Catherine Doyle
BR2	Wednesday	6.00pm	Catherine Doyle

GREEN MEMBERSHIP

CD	VENUE	CLASS	TIME	INSTRUCTOR
----	-------	-------	------	------------

FIT FOR LIFE & WEIGHTS & STRETCH

FOTP - 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 Pikel
CF36	outdoor	W&S	11.15am	Carolyn Pikel
SEC1	outdoor	W&S Masters	2.00pm	Anne Lang
CF5	No 62	W&S	5.30pm	Helen Walker

TUESDAY

CF9	outdoor	FL	7.00am	Perry Woodfine
CF9A	Banana	FL	7.00am	Trevor Cibich
BS15	outdoor	W&S	8.00am	Carolyn Pikel
MSC1	outdoor	FL	9.00am	Carolyn Pikel
CF11	outdoor	W&S	10.00am	Carolyn Pikel
SEC3	Banana	W&S Masters	11.15am	Anne Lang
CF13	outdoor	FL	5.30pm	George Dunstan
CF14	No 62	FL	6.00pm	Joy Walterfang

WEDNESDAY

CF17	outdoor	W&S	9.00am	Anne Lang
CF18	outdoor	FL	10.00am	Helen Walker
CF20	No 62	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 Pikel
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
CF28	No 62	FL	6.00pm	Janene Willis

FRIDAY

CF31	Banana	FL	7.00am	Trevor Cibich
BS16	outdoor	W&S	8.00am	Anne Marks
SEC11	outdoor	W&S	10.00am	Catherine Doyle
CF37	outdoor	W&S	11.00am	Lucy Verco

SATURDAY

CF32	outdoor	FL	8.00am	Helen Walker
CF33	outdoor	FL	9.00am	Helen Walker

Key: * FIT FOR LIFE (FL)

30 min exercise (weights/stretch/balance) & 30 min walk

* **MASTERS** (Over 65's) Gentle: weights/stretch/balance

* **WEIGHTS & STRETCH CLASSES (W&S)**

1x hr exercise classes using dumbbells: Strength/Stretch/Balance

GREEN MEMBERSHIP (Cont.)

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

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
----	-------	-------	------	------------

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	Beau Dolan
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	Gaynor Pope

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

CRECHE

Crèche facilities are available at the Mackinnon Parade Child Care Centre, 148 Mackinnon Parade, North Adelaide. Please phone to make arrangements. Telephone: (08) 8267 2270

OFFICE HOURS:

Monday to Thursday	8.00am - 8.00pm
Friday	8.00am - 7.30pm
Saturday	9.00am - 12.00pm

August

2009

Class

Timetable



FITNESS ON THE PARK

64 MacKinnon Parade
 North Adelaide SA 5006
 Phone: 08 8267 1887
 Fax: 08 8239 1034

Email: fitnessonthepark@ozemail.com.au

Fitness on the Park