

Gym and Fitness Programs

Looking for a relaxed and social environment to enjoy fitness and strength programs? Look no further than our gym at the Belconnen Community Centre.

Costs

- (1) \$12 per class
\$10 for concessions
\$5 for Involve members

- (2) \$12 per class
\$10 for concessions
\$6 for Involve members,

Classes

- **Back in Balance (1): Moved to Sports Hall.** Exercises designed to help with fall prevention and support free and easy daily movement.
- **Mature Fitness (1): Moved to Humpy Hall.** Activities to improve strength, balance, and coordination. No machines are used in this class. Designed for seniors.
- **Mature Multi-Fitness (1): Moved to Humpy Hall.** Low-impact cardio and strength activities for seniors, including cross training, interval training and CrossFit.
- **Mature Strength (1): Moved to Humpy Hall.** Basic weight exercises combined with machine exercises to improve fitness and strength. Designed for seniors.
- **Open Gym (1): On hold 1 to 15 October. 8 and 22 October running at Humpy Hall.** Do an assessment with a personal trainer to create a program just for you, or freely use the gym.
- **Swiss Ball (1): On hold 1 to 15 October. 8 and 22 October running at Humpy Hall.** Exercises using large exercise balls to improve balance, stamina and fitness.
- **Building Fitness (2): Moved to Humpy Hall.** Increase your aerobic fitness, no matter where you are starting from.
- **Building Strength (2): Moved to Humpy Hall.** Learn how to safely execute movements to get the most out of your workout.
- **Chair yoga (2): 14 October session will be held in the Theatre from 2-3pm.** A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Yoga (2): Moved to Meeting Room 2.** A physical, mental and spiritual practice combining postures, breathing exercises and meditation to enhance wellbeing and consciousness.

Note: The Australian Electoral Commission will be using the Gym from 30 September to 22 October. There will be disruptions to gym class times and locations as noted above in the red.

Monday	Tuesday	Wednesday	Thursday	Friday
	Swiss Ball 9:30–10:30am	Building Strength 9:30–10:30am		Mature Strength 9:45–10:45am
	Open Gym 11am–12pm	Building Fitness 11:30am–12:30pm		Social Badminton (open) 10:30–12pm
Social Badminton (advanced) 12:30–2pm	Yoga 12:30–1:30pm	Mature Multi-Fitness 12:45–1:45pm		Mature Fitness 11am–12pm
Chair Yoga 3–4pm	Social Pickleball 2:30–4:30pm	Back in Balance 1:45–2:45pm	Social Pickleball 1:30–3:30pm	Social Badminton (advanced) 12:30–2pm