

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

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| <p>(1) \$12 per class
\$10 for concessions
\$5 for Involve members</p> | <p>(2) \$12 per class
\$10 for concessions
\$6 for Involve members</p> |
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Classes

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| <ul style="list-style-type: none"> • Back in Balance (1): Exercises designed to help with fall prevention and support free and easy daily movement. • Mature Fitness (1): Activities to improve strength, balance, and coordination. No machines are used in this class. Designed for seniors.
Mature Multi-Fitness (1): Low-impact cardio and strength activities for seniors, including cross training, interval training and CrossFit. • Mature Strength (1): Basic weight exercises combined with machine exercises to improve fitness and strength. Designed for seniors. • Open Gym (1): Do an assessment with a personal trainer to create a program just for you, or freely use the gym. • Swiss Ball (1): Exercises using large exercise balls to improve balance, stamina and fitness. | <ul style="list-style-type: none"> • Building Fitness (2): Increase your aerobic fitness, no matter where you are starting from. • Building Strength (2): Learn how to safely execute movements to get the most out of your workout. • Chair yoga (2): A gentle form of yoga that can be done sitting on a chair or standing using a chair for support. • Yoga (2): A physical, mental and spiritual practice combining postures, breathing exercises and meditation to enhance wellbeing and consciousness. |
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Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga 11am-12pm	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 Pickleball 1-3pm	Yoga 12:30-1:30pm	Advanced Social Badminton 12:30-2pm		Mature Fitness 11am-12pm
		Mature Multi-Fitness 12:45-1:45pm		Social Badminton (advanced) 12:30-2pm
	Social Pickleball 2:30-4:30pm	Back in Balance 1:45-2:45pm	Social Pickleball 1:30-3:30pm	