

# 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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| <ul style="list-style-type: none"> <li>(1) \$12 per class</li> <li style="padding-left: 20px;">\$10 for concessions</li> <li style="padding-left: 20px;">\$5 for Involve members</li> </ul> | <ul style="list-style-type: none"> <li>(2) \$12 per class</li> <li style="padding-left: 20px;">\$10 for concessions</li> <li style="padding-left: 20px;">\$6 for Involve members</li> </ul> |
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## Classes

- **Back in Balance (1): Moved to Meeting Room 2**  
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 Meeting Room 2**  
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): Moved to Meeting Room 2**  
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.
- **Building Fitness (2): Moved to Meeting Room 2**  
Increase your aerobic fitness, no matter where you are starting from.
  - **Building Strength (2): Moved to Meeting Room 2**  
Learn how to safely execute movements to get the most out of your workout.
  - **Chair yoga (2): Moved to Humpy Hall**  
A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
  - **Yoga (2): Moved to the Theater**  
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 From 16 April to 7 May 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
Chair Yoga 11am-12pm	Open Gym 11am-12pm	Building Fitness 11:30am-12:30pm		
	Yoga 12:30-1:30pm	Mature Multi-Fitness 12:45-1:45pm		Mature Fitness 11am-12pm
		Back in Balance 1:45-2:45pm		