

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 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		