

# 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):** 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 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
- **Gentle Movement (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.

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton 10:45am-12:45pm	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	Gentle Movement 11:30am-12:30pm	Chair Yoga 10am-11am	Social Badminton (open) 10:30-12pm
	Yoga 12:30-1:30pm	Mature Multi-Fitness 12:45-1:45pm		Mature Fitness 11am-12pm
Social Pickleball 1-3pm		Advanced Social Badminton 12:30-2pm		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	

**Don't forget:** Booking your gym classes in advance is highly encouraged. Classes will be capped once they reach capacity, so secure your spot early to avoid disappointment

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## January Schedule Update

### Chair Yoga – 5 January

Kim will be away. The class will be delivered by Wayne from Reclink Australia.

### Wednesday, 7 January

- Building Fitness (Ryan's usual class — this session will be delivered by Damien)
- Mature Multi Fitness (this session will also be delivered by Damien)
- Back in Balance

### Friday, 9 January

- Mature Strength
- Mature Fitness

You are welcome to join **Damien's sessions on Tuesday and Wednesday** during this week.

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