

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

\$13 community members
\$11 concession members
\$7.50 Involve members

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

Classes

- **Back in Balance:** Exercises designed to help with fall prevention and support free and easy daily movement.
- **Mature Fitness:** Activities to improve strength, balance, and coordination. No machines are used in this class. Designed for seniors.
Mature Multi-Fitness: Low-impact cardio and strength activities for seniors, including cross training, interval training and CrossFit.
- **Mature Strength:** Basic weight exercises combined with machine exercises to improve fitness and strength. Designed seniors.
- **Open Gym:** You're welcome to train independently and at your own pace or join in with the group with our on site instructor providing support, supervision, and ensuring a safe environment.

- **Swiss Ball:** Exercises using large exercise balls to improve balance, stamina and
- **Boxercise:** Offering options for both standing and seated participants, making it suitable for a range of abilities and fitness levels.
- **Building Strength:** Learn how to safely execute movements to get the most out of your workout.
- **Chair yoga:** A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Yoga:** A physical, mental and spiritual practice combining postures, breathing exercises and meditation to enhance wellbeing and consciousness.

Monday	Tuesday	Wednesday	Thursday	Friday
Advance Badminton 11am–1pm	Swiss Ball 9:30–10:30am	Building Strength 9:30–10:30am	Chair Yoga 10–11am	Mature Strength 9:45–10:45am
Chair Yoga 11am–12pm	Open Gym 11am–12pm	Beginners Badminton 10am–12pm	Dancing in a Line (Gym) 1–2pm	Badminton 10:30am–12pm
Social Pickleball 1–3pm	Yoga 12:30–1:30pm	Boxercise (Gym) 11am–12pm	Social Pickleball 1:30–3:30pm	Mature Fitness 11am–12pm
	Advance Badminton 12:30–2:30pm	Social Badminton (advanced) 12:30–2pm		Advance Social Badminton 12:30–2:30pm
	Social Pickleball 2:30–4:30pm	Mature Multi-Fitness 12:45–1:45pm		
		Backs in Balance 1:45–2:45pm		
		Community Pickleball 2:15–4:15pm		