


St Marys Active4Life Timetable 2020 version 30.11.20

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am						Boxercise 8-30am—9-30 am	
10am		Hub4Health 10-10.50am Session 1		Group Fitness Session 1 9-10.10am		ZUMBA 10-11am	
11am		Hub4Health 11.00 —11.50 am Session 2		Session 2 10.30-11.45pm			
12pm	Strom Disability 12-2pm	Hub4Health 12-12.50pm Session 3					
1pm	NDIS	Hub4Health Fitness Recovery 1-1.50pm					
2pm				KCM Ability Services 2.30-3.30pm NDIS			
3pm							
4pm	Body Pump 3:30pm—5.00pm		Body Pump 3:30pm—5.00pm				Contact us E: admin@hub4 health.org.au Or  Find us on: facebook.
5pm		ZUMBA 4.30-5.30ppm				KCM Ability Services 5-6pm NDIS	
6pm		Youth & Adult Boxing 5:30-7pm		Yoga 5.15-6.30-pm	Strength & Fitness 5:30pm –7pm		
7pm							

St Marys Community Gym Session Information version 30.11.20

Class Timetable	Contact Person	Class Information	Cost
Hub4Health Fitness Training Tuesdays see full time table for session times	Jason Johnston admin@hub4health.org.au	resistance training and some cardio with alternate upper & lower body moves with high-intensity and lower-intensity exercises. 8 participants max. Sessions are the same circuit. circuit length is approx. 50mins plus warm /cool and cleaning of equipment after	Free to Active4Life Gym Financial Members from August 2020
Group Fitness Thursdays - 2 sessions	Session 1: Mary Targett M: mary.targett@gmail.com 0417 568 348 Session 2: Sophia Bromley admin@Hub4Health.org.au	self-directed/managed by participants and replicates the Tuesday session& it is beneficial that the participants have at least one session on a Tuesday (either session) before attending the Thursday class	Free to Active4Life Gym Financial Members from August 2020
H4H Fitness Recovery Tuesday 1.30-2.30pm	Jason Johnston admin@hub4health.org.au	Participants should to be assessed by an exercise physiologist or equivalent prior to attending to undertake the exercises for rehabilitation of injuries and/or chronic health	Free to Active4Life Gym Financial Members from August 2020
Adult/Youth Boxercise Tuesday 5.30 start	Roger Salter T: 6372 2566	Boxercise is a group exercise class based on the training concepts boxers use to keep fit. Session for children over 16 yrs and adults	Free to Active4Life Gym Financial Members or \$10per session
Zumba Tuesday 4.30-5.30pm and Sat 10-11am	Laura McKinnon: lauramckin- non.zumba.com or Instagram @zumba.lauram	A total workout, combining fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome! Dance experience required? No! Just wanna have fun?	Cost: \$12 per person over 16 welcome or \$50 for 5 class pass
Body Pump Mondays and Wednesdays 3:30pm—5.00pm	Michelle Montgomery M: 0417 371 485 (check session is on prior to attending)	“Les Mills DVD” weight and strength training. Self paced weights and bars available	Free to Active4Life Gym Financial Members or \$10 per session
Strength & Fitness Fridays 5.30pm	Anthony Woods M: 0409 220 554	High Intensity Training (burpees, Mountain climbs, Jump Squats, Brace etc) full body Weights and Muscle Building	Free to Active4Life Gym Members or \$10 per session
Boxercise Saturdays 8-30am—9-30 am	Megan Leavy M: 0418881315	Boxercise combines boxing and exercise with great fun, and is a stress busting activity to suit almost all ages & abilities.	Free to Active4Life Gym Members or \$10 per session casual
Yoga 5.15-6.30pm	Katrin Alexander M: 0402 315 564	BYO Mat and Blanket practice balance, focus and breathing techniques helping us to energize the body while calming the mind	\$10 pp