

ARMADALE EXERCISE TIMETABLE



IN-PRACTICE CLASSES :

Maximum of 10 people per P40 class and 8 per Yoga class. Bookings essential.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--------|---------|--------------------|----------|-----------------|
| 9:20AM | GLA;D | | GLA;D | | |
| 9:40AM | | P40 | | | |
| 10:00AM | | | | | P40 |
| 10:20AM | | | YOGA - Mums & Bubs | | |
| 11:00AM | | | | | YOGA - Prenatal |

LIVE STREAM CLASSES:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--------|---------|-----------|----------|---------|
| 7:30 AM | SWISE | STRETCH | | | STRETCH |
| 11:00AM | | | SWISE | SWISE | SWISE |

PRICING: Please note, in-practice classes can be claimed on private health insurance, if you have applicable extras cover. Live stream classes are not claimable.

Live Stream & Video on Demand: \$35 per week or \$135 per month. Payment gives you access to all live stream classes for the week and complete access to our Video on Demand Library.

In-Practice:

P40 & Yoga (Mums + Bubs): Casual: \$31 | 5 pack: \$145 (\$29 per class) | 10 pack: \$280 (\$28 per class)

Strengthwise & Yoga - Prenatal: Casual: \$43 | 5 pack: \$205 (\$41 per class) | 10 pack: \$390 (\$39 per class)

GLA;D: Casual: \$49.00 | 12 pack: \$588.00 (\$49.00 per class)

STRENGTHWISE

Strengthwise is a group fitness class designed to improve and maintain muscle and bone strength using resistance training. Classes also aim to increase balance, mobility and flexibility. Duration: 60 minutes.

STRETCH & FLOW

This class is suitable for all ages and fitness levels. In this class we use props to help our bodies stretch comfortably using Yin Yoga inspired principles. (Breath, mindfulness and gentle movement). Designed and instructed by a physiotherapist. Duration: 40 minutes.

P40

This group circuit class is specifically designed for pregnant and post-natal women. If you would like to stay active during or after your pregnancy and feel safe while doing so, this is the class for you. Duration: 40 minutes.

Yoga - Mums & Bubs

This class includes pelvic floor and core exercises, joint mobility exercises and stretches (great for countering all the time spent feeding and carrying your baby) and relaxation. Your baby can be incorporated in poses, positioned on the mat or in your lap. Classes may also include baby massage, baby exercises and songs to engage your little one. Duration: 40 minutes.

Yoga - Prenatal

This class includes stabilizing, stretching and restorative postures, breathing for relaxation and labour, and meditation. This class is suited to women who have never practiced yoga before, as well as experienced yogi's. Duration: 60 minutes.

GLA;D

GLA;D® is a program for anyone suffering from hip and/or knee pain associated with Osteoarthritis regardless of severity. Duration: 60 minutes.