

# CLASS SCHEDULE

Mon

Pilates - 7am

Yeronga Memorial Park

Core strength and muscle endurance, improve your balance and coordination.

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Tue

Strength and Cardio - 6.45am

Shaftesbury Park Tarragindi

Challenge your strength and dynamic power with this complete workout.

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Wed

Active Adults - 10.30am

Yeronga Memorial Park

A reduced intensity training program using a combination of body weight and weight based exercises

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Thu

Strength - 6.30am

Yeronga Memorial Park

A pure strength training program.

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Thu

Strength - 3.45pm

Simpsons Reserve Graceville

A pure strength training program.

