

THE W: WALKERVILLE RECREATION CENTRE

Weekly Fitness Schedule

MONDAY

- 6.00 AM **SUNRISE SESSIONS @ THE W**
- 8.30 AM **BETTER BALANCE EXERCISE - OVER 50'S**
- 9.30 AM **WALKERVILLE INTERVAL FITNESS**

TUESDAY

- 8.30 AM **WALKERVILLE STRENGTH FIT**
- 9.30 AM **PILATES**

Contact Michael
0414 663 744 to register for
the 6am classes.

All other sessions just turn up
on the day or contact the
Centre for more info.

THURSDAY

- 6.00 AM **SUNRISE SESSIONS @ THE W**
- 8.30 AM **WALKERVILLE STRENGTH FIT**
- 9.30 AM **PILATES**

FRIDAY

- 8.30 AM **EASY MOVES -OVER 50'S**
- 9.30 AM **BETTER BALANCE EXERCISE - OVER 50'S**



HIIT fitness - \$10 per session

A high energy session combining strength and cardio to boost your fitness

Better Balance Exercise & Easy Moves - Over 50's - \$8 per session

Session designed to improve balance, strength and confidence for over 50+

Walkerville Strength Fit - \$8 per session

Designed to build muscle, improve mobility and increase overall body strength

Pilates - \$10 per session

Focuses on improving core strength, flexibility and posture

Yoga- \$10 per session

Focuses on improving flexibility, balance and overall wellbeing