

THE W: WALKERVILLE RECREATION CENTRE

Weekly Fitness Schedule

MONDAY

8.30 AM BETTER BALANCE EXERCISE - OVER 50'S

9.30 AM WALKERVILLE STRENGTH FIT

TUESDAY

6.00 AM SUNRISE SESSIONS @ THE W

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



Easy Moves - Over 50's - \$8 per session

Low impact exercises for over 50+

Better Balance Exercise - 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

walkervillerec.com.au
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