

THE W: WALKERVILLE RECREATION CENTRE

Weekly Fitness Schedule

MONDAY

- 6.30 AM HIIT FITNESS
- 8.30 AM BETTER BALANCE EXERCISE - OVER 50'S
- 9.30 AM WALKERVILLE INTERVAL FITNESS

TUESDAY

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

WEDNESDAY

- 8:30 AM YOGA

THURSDAY

- 6.30 AM HIIT FITNESS
- 8.30 AM WALKERVILLE STRENGTH FIT

FRIDAY

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

Contact Michael
0414 663 744 to register for
the 6.30am classes.

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



HIIT FITNESS

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

BETTER BALANCE EXERCISE - OVER 50'S

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

WALKERVILLE STRENGTH FIT

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

PILATES

Focuses on improving core strength, flexibility and posture

YOGA

Focuses on improving flexibility, balance and overall wellbeing