



# GROUP FITNESS CLASSES

AM

PM

MON	 <b>Hatha YOGA</b> 9.15-10.15	<b>FIT50s</b> FITNESS CIRCUIT 11.45-12.45	
TUE		<b>FIT50s</b> PILATES 11.15-12.00	
WED	<b>FIT50s</b> GENTLE YOGA 10.30-11.30	 11.45-12.45*	<b>FIT50s</b> FITNESS CIRCUIT 1.00-2.00
THU		<b>FIT50s</b> PILATES 11.15-12.00	
FRI		<b>FIT50s</b> FITNESS CIRCUIT 11.45-12.45	

\*LLS classes on hiatus 25 April to 21 May

Corner Gifford Rd & Steere St  
Bridgetown

Ph 9761 2966  
recreation@bridgetown.wa.gov.au

**Bridgetown  
Leisure Centre**

 Shire of  
Bridgetown-Greenbushes



# GROUP FITNESS CLASSES



**HATHA YOGA** will help you stand taller, gain strength and flexibility and give you a greater sense of physical and mental wellbeing. Explore a variety of postures and poses incorporating breath awareness.

## **FIT50s** **FITNESS CIRCUIT**

**FIT 50s FITNESS CIRCUIT** brings fitness and fun together at your own pace. A non-impact aerobic warm up leads into exercises using hand weights, the exercise bike, fit balls, elastic tubing and pin loaded machines to improve fitness, strength and balance.

## **FIT50s** **PILATES**

**FIT 50s PILATES** is a gentle easy paced class for fitness, strength and toning. Incorporating stretches, body weight work and Pilates equipment, Pilates is a full body workout with options to increase or decrease the difficulty.

## **FIT50s** **GENTLE YOGA**

**FIT 50's GENTLE YOGA** takes you through a sequence of standing and seated postures to develop balance, flexibility and range of movement. Chair support is offered.



**LIVING LONGER LIVING STRONG (LLLS)** is a fully supervised strength training program for over 50's that will provide great results. Registrations are essential. Please speak to our friendly staff for further information. \*

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