



GROUP FITNESS/GYM TIMETABLE

COMMENCING 1ST APRIL 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM			BUILT TO MOVE STRENGTH			BUILT TO MOVE BOXING
9:00AM					PILATES	
9.15AM		ACTIVE + CIRCUIT	BUILT TO MOVE STRENGTH	ACTIVE+ BODY	ACTIVE + CIRCUIT	
10.30AM	FIT4LIFE - GYM		FIT4LIFE - GYM		FIT4LIFE - GYM	
5.30PM			PILATES	CIRCUIT FIT + STRETCH		
6.00PM		RETRO-DANCE				

 MEZZANINE

 GYM

 EXTERNAL INSTRUCTORS

Important: Please arrive 10 minutes prior to the class commencing to allow time for setup. There is strictly no admittance to the class after commencement for safety reasons. As a courtesy to the class, please do not leave until the class has finished.

Please note no classes are scheduled on public holidays.

For more information on **Pilates** please contact Margaret-Ann Shuttleworth: shuttl_bo@bigpond.com 0417 935 613

For more information on **Retro-dance** please contact Di Hollet: 0431 184 436



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ACTIVE + CIRCUIT

Active + Circuit is designed for our Senior participants who enjoy exercise variety and the fun and social energy that comes along with group training. Combining functional strength and cardiovascular training, we use a range of free weights, fit-balls and resistance equipment to provide a low impact full body workout tailored to your fitness abilities.

ACTIVE + BODY

Stay strong, feel energized, and build confidence with our Active + body - designed specifically for adults 50 and over. This gentle yet effective workout focuses on improving strength, balance, flexibility, and joint mobility using resistance bands and light weights, this class is low impact and a great way to start your fitness journey.

BUILT TO MOVE- STRENGTH

Unleash your inner strength in Built To Move Strength - a high-energy, music-fueled strength training class. This total-body workout uses barbells, free weights, and bodyweight movements to target every major muscle group through high-rep, low-weight training designed to sculpt, tone, and build muscular endurance.

BUILT TO MOVE- BOXING

Built to move -Boxing is a high-energy class combining boxing techniques with strength training for a full-body workout. Improve your cardio, power, and endurance through boxing drills, pad work, and functional strength exercises. Suitable for all fitness levels, this class will challenge you, build muscle, and leave you feeling stronger and more confident.

CIRCUIT FIT + STRETCH

Boost your strength, agility, and aerobic fitness with our new "Circuit Fit + Stretch" class! This dynamic full-body circuit is packed with fun challenges to keep you motivated, adding in some relaxing stretches and movements to help improve range of motion. This session to leave you feeling strong, balanced, and refreshed.

FIT 4 LIFE

Our Fit 4 Life Gym program is designed for Senior participants who are looking for an independent program tailored to their individual needs. Our Qualified Personal Trainers will assess, curate and deliver a program within a Gym group setting. These programs promote mobility, strength and balance in a relaxed and social environment.

PILATES

Learn mind-muscle control, strength-stability, joint-mobility, strengthen postural muscles, improve balance, and much more. Join Margaret-Ann for all the benefits of Pilates. Phone: 0417 935 613 for enquiries/ bookings

RETRO-DANCE

Aerobics as you used to know it. . . And if you didn't know it, you're in for a fun workout! Groove and 'Moove' your way to fitness to great music and moves easy to master. To find out more Call Di on: 0431 184 436 Facebook: Bridgetown Personal Training.