

| TIME    | MONDAY                       | TUESDAY                      | WEDNESDAY                    | THURSDAY                    | FRIDAY                 | SATURDAY       | SUNDAY |
|---------|------------------------------|------------------------------|------------------------------|-----------------------------|------------------------|----------------|--------|
| 8:30am  |                              |                              |                              |                             |                        | <b>+ POWER</b> |        |
| 9:30 am | <b>+ MATWORK<br/>PILATES</b> | <b>+ INTENSITY<br/>MOVE</b>  | <b>+ INTENSITY<br/>MOVE</b>  | <b>+ INTENSITY<br/>MOVE</b> | <b>+ FLOW<br/>YOGA</b> |                |        |
| 5:15 pm |                              | <b>+ FUNCTIONAL<br/>YOGA</b> | <b>+ MATWORK<br/>PILATES</b> |                             |                        |                |        |
| 6:00 pm | <b>+ MATWORK<br/>PILATES</b> |                              |                              |                             |                        |                |        |
| 6:30 pm |                              | <b>+ POWER</b>               |                              |                             |                        |                |        |

YOU'VE GOT THIS  
+ WE'VE GOT YOU



## PLEASE REMEMBER:

Please book in via the Plus Fitness Members Portal,  
or simply contact staff on 4739 0880.  
Bookings will not be accepted within 10 minutes of scheduled class)

### + Pilates Matwork

Matwork Pilates relies on the use of body weight for resistance to tone, strengthen and build stamina. Aside from a mat, zero equipment is needed. This makes Mat Pilates the most accessible form of Pilates. Mat Pilates is easily adapted to all ages and fitness levels, and focuses on enhancing flexibility, increasing mind-body connection, full-body toning, improving posture and reducing stress. 45 minutes duration 9.30am Mondays and 60 minutes duration 6pm Mondays and 5.15pm Wednesdays

### + Move Intensity

Move focuses on functional strength training, encompassing elements of coordination and balance to increase overall fitness, muscular strength and improve muscular imbalance. 45 minutes duration

### + Yoga Flow

Yoga flow is a class for all levels and ages, focusing on alignment and biomechanics. Discover your balance, inner strength and fortitude while flowing with your breath. Find your zen with a mix of traditional yoga poses, strength, stretch, mobility and relaxation. "You don't need to be flexible to do Yoga. Yoga helps you become more flexible." 60 minutes duration

### + Power

Strength Circuit class is designed to help you build muscle, increase strength and improve overall functional fitness.

In this class you'll move through a series of stations, each targeting different muscle groups and using various equipment such as barbells, dumbbells, kettlebells, resistance bands and more. It is a challenging and dynamic workout that can be adapted to suit all fitness levels and experience. 60 minutes duration

Bookings can be made via the Plus Fitness Portal or in advance by calling Plus Fitness Blaxland Reception. Please arrive in prompt timing to sign into and make payments for the class and warm up for your session. Spaces are strictly limited, with bookings closing 5 minutes prior to the scheduled class.

### Class Fees

Included in Direct debit and PIF Memberships

Fitness Passport Single class \$5 / Week access \$15 (Monday to Sunday)

Non-Member Single class \$15 / Week access \$40 (Monday to Sunday)

