

# CLASS TIMETABLE

CLASSES AVAILABLE TO ALL  
DEBIT AND PIF MEMBERS  
WITHOUT AN ADDITIONAL COST

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am						<b>+ POWER</b>	
9:30 am	<b>+ MATWORK PILATES</b>	<b>+ INTENSITY MOVE</b>	<b>+ INTENSITY MOVE</b>	<b>+ INTENSITY MOVE</b>	<b>+ FLOW YOGA</b>		
5:15 pm		<b>+ Functional YOGA</b>	<b>+ MATWORK PILATES</b>	<b>+ FLOW YOGA</b>			
6:00 pm	<b>+ MATWORK 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, balance, resistance and cardiovascular training to increase overall fitness, muscular strength and improve muscular balance. 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

#### **+ Functional Yoga**

Functional Yoga is for all levels and ages, focusing on alignment & developing your strength and mobility to help you stay functional, fit and flexible. A blend of traditional yoga poses, calisthenics and mobility coupled with movement fundamentals and relaxation. Let your body, mind and spirit flourish as you let your nervous system reset and renew. 60 minutes duration

#### **+ Power**

Strength and Conditioning class is designed to help you build muscle, increase strength and improve overall cardiovascular 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)

