

# Group Exercise Timetable

commencing Monday 10<sup>th</sup> March 2025

| Time    | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| 5:45am  |        |         |           |          |        |          |        |
| 6:00am  |        |         |           |          |        |          |        |
| 9:30am  |        |         |           |          |        | 8:00am   |        |
| 10:30am |        |         |           |          |        | 9:00am   |        |
| 10:30am |        |         |           |          |        |          |        |
| 5:15pm  |        |         |           |          |        |          |        |
| 5:30pm  |        |         |           |          |        |          |        |
| 5:30pm  |        |         |           |          |        |          |        |
| 6:00pm  |        |         |           |          |        |          |        |
| 6:30pm  |        |         |           |          |        |          |        |

## Memberships available exclusively for Group Exercise classes

### Casual Visits welcome

|                     |         |
|---------------------|---------|
| Adult               | \$20.00 |
| Concession/Students | \$15.00 |
| Seniors             | \$10.00 |
| Living Longer       | \$10.00 |

### 10 Visit passes

|                     |          |
|---------------------|----------|
| Adult               | \$160.00 |
| Concession/Students | \$120.00 |
| Seniors             | \$80.00  |
| Living Longer       | \$80.00  |

ID required for Senior, Concession and Student discounts

## OPERATING HOURS

### Weights, Cardio and Studios

|                   |                 |
|-------------------|-----------------|
| Monday – Thursday | 5:30am – 9:00pm |
| Friday            | 5:30am – 8:00pm |
| Saturday & Sunday | 8:00am – 5:00pm |
| Public Holidays   | 8:00am – 1:00pm |

### Swimming Pool

|                   |                  |
|-------------------|------------------|
| Monday – Friday   | 6:00am – 7:00pm  |
| Saturday & Sunday | 8:00am – 4:45pm  |
| Public Holidays   | 8:00am – 12:45pm |

### Childminding

|                 |                  |
|-----------------|------------------|
| Monday - Friday | 9:15am – 11:30am |
|-----------------|------------------|

### Closed

New Years Day,  
Good Friday, Easter Sunday,  
Christmas Day

## Healthglo

8 Uplands Place, Burnie, 7320  
Telephone 03 64314708  
Mobile 0417 107677  
www.healthglo.com.au  
enquiries@healthglo.com.au



The information contained in this brochure is correct at the time of printing.  
Information may change without notice.

## Freestyle Programs



Low impact aerobics with toning exercises specifically for the Arms, Butt and Core. Energetic with easy to follow moves makes this class suitable to all.



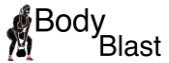
Low impact Aerobics with toning exercises for the upper body, mid section and lower body. Utilising dumbbells, bands, steps and the bars, this is an awesome total conditioning class.



Low impact aerobics combines stepping moves and strength exercises. Cross Train produces a great conditioning workout with a cardio burst. A great overall experience.



**STEP n SCULPT** brings back simple step routines and body sculpting exercises that tighten and tone your body. The use of the step, bodyweight, bands and hand weights to challenge you.



**BodyBlast** is a high intensity interval training workout. Using bodyweight and basic equipment simplifies the workout. A circuit based workout designed to improve strength, endurance, balance and flexibility.



Pilates is designed to improve Flexibility, Posture, Breathing and Abdominal/Low Back strength. With body conditioning and postural alignment techniques that develop a strong and centered body.



Enjoy the splash of Aqua. Fun and exciting class for all ages. Low impact and flotation exercise challenge the body and improve overall fitness. Aqua is suitable for everyone.



Live Longer is a strength training program for the over 50 group. Combining balance, strength, mobility and cardiovascular activities, it is both fun and easy to do. This program is not included within any of the membership packages available.



The Wellness Company

## Les Mills Programs



The weights class that builds strength, tones your body and pushes you to the limit every time. Be strong. Focusing on low weight loads and high repetition movements, you'll burn fat and gain strength.



High intensity interval training set to tunes that'll get your pulse racing. Get results faster. Ride Hard. You will be lead you through hills, flats, mountain peaks, time trials and interval training..

## Functional Training Programs



**BOXFIT** is a high intensity full body workout. Using boxing techniques and fitness building activities. Participants work on bags and in groups of 2 or 3 through a series of boxing combinations and strengthening exercises.



**HIIT** is a high intensity interval training workout taking advantage of the primal movement patterns. Using bodyweight and basic equipment simplifies the workout. A circuit based workout designed to improve strength, endurance, balance and flexibility.



**TABATA** is a high intensity interval training session taking advantage of the TABATA method. This program is designed to improve strength, endurance, balance and flexibility.

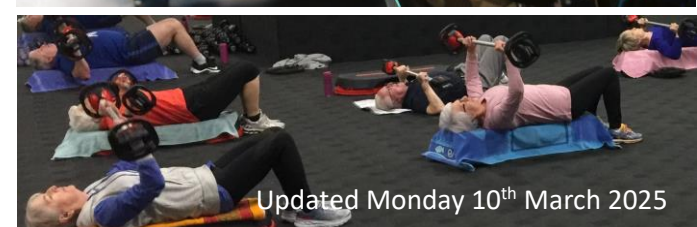


Relax into a session of deep stretches. Long, slow, deep stretching exercises inspired by yoga and sport-specific movements to improve your flexibility, range of motion, balance and posture. Your body will thank you for it.

Can't make a class, have you tried our in-house Virtual Group Exercise Programs in our back studio or if you cannot make in to the club we have the Technogym app available anytime anywhere on your mobile device. FREE to our members.



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Updated Monday 10<sup>th</sup> March 2025