

# Seniors Group Class Schedule

Time	MON	TUE	WED	THU	FRI	SAT
7:15AM	HIIT		GLUTES & CORE			HIIT
8:15AM	CARDIO	STRENGTH	STRETCH	STRENGTH	STRENGTH	
	REFORMER PILATES	STRENGTH	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	
9:15AM		BALANCE	BIO EDUCATION	BALANCE		REFORMER PILATES
10:15AM			REFORMER PILATES	REFORMER PILATES		
11.15AM	STRETCH	CYCLE	STRENGTH	REFORMER PILATES	STRENGTH	
1:15PM	STRENGTH	REFORMER PILATES	BALANCE	STRENGTH		
2:15PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES	
3:15PM	REFORMER PILATES		REFORMER PILATES			
4:30PM		STRENGTH	BALANCE	STRENGTH		

P4 Gym - Keira Street

P4 Outdoor - Stuart Park

Classes move indoors in inclement weather

# Seniors Group Training Class Descriptions

## STRENGTH

### **Build a stronger mind and body**

Build muscle mass, enhance overall strength and promote better mobility and independence. Strength classes help you maintain a higher quality of life as you age through tailored exercises and guidance from our instructors.

## CARDIO

### **Fun cardio workouts for any ability**

This class provides a low-impact and heart-healthy way for older adults to boost their cardiovascular fitness and energy levels. Our Cardio class will get you outside and working out with friends.

## CYCLE

### **Discover the power of the pedal**

Cycle classes are a low-impact option for older adults to improve cardiovascular health and stamina through stationary cycling. Join the only Cycle lab in the Illawarra.

## REFORMER PILATES

### **Revitalise your mobility**

Reformer Pilates classes offer gentle yet effective exercises using specialised equipment to improve posture, flexibility, and overall well-being. Our Movement Therapists tailor classes to seniors' needs, promoting mobility and confidence.

## BALANCE

### **Unlock Your Stability, Enhance Your Life**

This isn't your regular class! Challenge your mind and body with a fun interactive workout that aims to stimulate your memory, focus and problem solving through functional movement. From balance to brain boosters, this class will keep you on your toes

## STRETCH

### **Limber for life!**

Focus on improving flexibility and joint mobility, enhancing overall comfort and ease of movement in daily life. These gentle, guided sessions will significantly help reduce the risk of injury.

## HIIT

### **Boost overall fitness and endurance**

A high intensity combined strength and functional training program with a cardio component which challenges and improves multiple fitness components. This program will dramatically improve overall fitness and muscular definition burning fat and creating lean muscle.