

SAVVY Seniors Group Class Schedule

 Suite 7 135-143 Princes Hwy, Fairy Meadow
 1300 942 895  savvywellco.com.au

Join our SAVVY Seniors all inclusive program for just \$29 per week.
Call us at 1300 942 895 to join today.

| Time | MON | TUE | WED | THU | FRI |
|---------|----------|---------------------|----------|---------------------|---------------------|
| 8:00AM | CARDIO | STRENGTH | STRETCH | STRENGTH | REFORMER PILATES |
| 11.15AM | STRETCH | CYCLE | STRENGTH | REFORMER PILATES | STRENGTH |
| 1:15PM | | REFORMER PILATES | | | |
| 2:15PM | STRENGTH | REFORMER PILATES | MOVE | STRENGTH | |

SAVVY WellCo (Fairy Meadow)

SAVVY Corner, Stuart Park

Classes move indoors in inclement weather

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.

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.

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.

MOVE

Enhance brain and body

Focuses on physical movement that also acts as a brain booster. Coordination, reaction time and good old fun will be incorporated.