SAVVY Group Training Class Schedule

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

Time	MON	TUE	WED	THU	FRI	SAT	SUN
5:00AM		CYCLE		CYCLE	STRENGTH		
6:00AM		FLOW	CYCLE	PILATES	CYCLE	*RUN CLUB (SEASONAL)	
	STRENGTH		STRENGTH				
	RUN	PUSH	FLY	LIFT	STRETCH	PUNCH	
	LIFT	FLY		RUN			
6:15AM						CYCLE	
7:00AM	STRENGTH		STRENGTH	PILATES			
				LIFT			
7.15AM						PILATES	
8:00AM	SENIORS CARDIO	SENIORS STRENGTH	SENIORS STRETCH	SENIORS STRENGTH	SENIORS PILATES		
8:15AM						PILATES	
9.15AM	STRETCH		LIFT		PUSH		
		PUSH		PUNCH			
10.15AM		PILATES		PILATES	CYCLE		
11.15AM	SENIORS STRETCH	SENIORS CYCLE	SENIORS STRENGTH	SENIORS PILATES	SENIORS STRENGTH		
1:15PM		SENIORS PILATES					
2:15PM	SENIORS STRENGTH	SENIORS PILATES	SENIORS MOVE	SENIORS STRENGTH	SENIORS PILATES		
4:30PM	PILATES		PILATES				
5:30PM	PILATES	CYCLE	PILATES	STRENGTH			RELEASE
	LIFT		MOVE				
6:15PM		FLY		RUN			
6:30PM		STRENGTH	CYCLE				

SAVVY WellCo (Fairy Meadow) | SAVVY Corner, Stuart Park | Bulli Beach Reserve | *Exclusive to Run Membership | Classes move indoors in inclement weather

SAVVY Group Training Class Descriptions

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REFORMER PILATES

Find your powerhouse

Intensity: Low-Medium
Impact: Low
Complexity: Low – High
Duration: 45mins
Location: SAVVY WellCo

CYCLE

Low impact, high intensity!

Intensity: High
Impact: Low
Complexity: Low
Duration: 45mins
Location: SAVVY WellCo

STRENGTH

Build strength and muscle

Intensity: Medium – High
Impact: Medium
Complexity: Low - Medium
Duration: 1 hour
Location: SAVVY WellCo

STRETCH

Release muscle restriction

Intensity: Low
Impact: Low
Complexity: Low - Medium
Duration: 45 minutes
Locations: Stuart Park

LIFT

Strengthen and tone

Intensity: Medium
Impact: Medium
Complexity: Low
Duration: 45 mins
Location: Stuart Park, Bulli Beach Reserve

PUSH

Push the limits

Intensity: High
Impact: Medium
Complexity: Medium
Duration: 45 mins
Location: Stuart Park

FLY

Let your fitness take flight

Intensity: High
Impact: Medium
Complexity: Low - Medium
Duration: 45 mins
Locations: Bulli Beach Reserve and Stuart Park

RUN

Suitable for the beginner to advanced runner

Intensity: Low - High
Impact: Medium
Complexity: Low - Medium
Duration: 45 mins
Locations: Bulli Beach Reserve and Stuart Park

RELEASE (YOGA)

Restore and recover

Intensity: Low
Impact: Low
Complexity: Low
Duration: 45 mins
Locations: SAVVY WellCo

FLOW (YOGA)

Find freedom in movement

Intensity: Medium
Impact: Low
Complexity: Medium
Duration: 45 mins
Locations: SAVVY WellCo

PUNCH

Total body conditioning

Intensity: High
Impact: Medium
Complexity: Medium - High
Duration: 1 hour
Locations: Stuart Park

PLAY

Time flies when you're 'Playing'

Intensity: Medium – High
Impact: Medium – High
Complexity: Medium
Duration: 45 mins
Locations: Stuart Park

Find information on SAVVY Senior Classes, as well as how to become a SAVVY senior at savvyco.com.au/savvy-seniors