

Maryborough Health Club

Exercise Classes

*Please Note: Participants will need to bring their own exercise mats to each Class.
Classes will be limited to Pods of six for the initial month.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:15am Spin (All Levels)					8.00 – 8.45am Spin (All Levels)	
	9.30 – 10.15am Beginner Pilates		9.30 – 10.15am Body Tone			
10.30 – 11.15am Aqua Aerobics		10.00 - 10.45am Gentle Morning Flow Yoga		10.30 - 11.15am Aqua Aerobics	TBC Tai Chi	10.00 – 10.45am Full Body Tone
6:00-6:45pm Stay Strong Yoga Flow	6.30 – 7.15pm Spin (All Levels)					
7.00 – 7.45pm Let's Begin Yoga		7.00 – 7.45pm Pilates	7.00 – 7.45pm Strength and Toning			
	8.30 – 9.30pm Meditation On-Line					

All Fitness Classes are complementary for Gold Members and Corporate Members.

*If you would like to take part in the classes, you must pre- book, as spaces are limited. If you book and cannot attend please contact us in advance so that we can offer a member on the waiting list an opportunity to attend.
Timetable is subject to change due to class demand.*