

# EXERCISE & SOCIALISE

Your Ticket to Staying Fit & Well

Join our popular classes, led by dedicated instructors, and enjoy a social morning or afternoon tea with your group and trainer afterwards.

If you're new to exercise with us, your first class is FREE!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10.30am</b> Exercise to Music with Jo G	<b>9am</b> Women's Cross Training with Baylee	<b>10.15am</b> Strength Exercise with Tom	<b>9.30am</b> Men's Exercise with Tom	<b>9.30am</b> Women's Cross Training with Baylee
<b>12pm</b> Seated Strength Exercise with Baylee	<b>9.30am</b> Challenge Your Balance with Denise	<b>10.45am</b> Seated Strength Exercise with Baylee	<b>9.30am</b> Movement to Music with Jo M <i>**45 minute class**</i>	<b>10am</b> Tai Chi with Lilei
	<b>11.30am</b> Seated Exercise to Music with Jo M	<b>11.30am</b> Line Dancing with Jo C	<b>1pm-3.30pm</b> Table Tennis self run	<b>11am</b> Seated Strength Exercise with Yanmei
	<b>1.45pm</b> Seated Strength Exercise with Baylee		<b>2.30pm</b> Meditation & Yoga with Elizabeth	<b>11.15am</b> Seated Tai Chi with Lilei
	<b>1.45pm</b> Strength Exercise with Tom			

## Legend

Gentle

Moderate

Active

## Cost of Group Classes

\$12 CHSP assessed and approved

\$16 non assessed

Meet our team of qualified trainers who bring a wealth of experience and expertise to our exercise programs.

They're always on hand for a chat to discuss your requirements and goals.

**For more information, please contact our Exercise Coordinator, Baylee.**



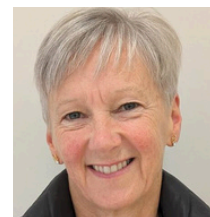
Baylee Eastham



Denise Mokasdi



Yanmei Chen



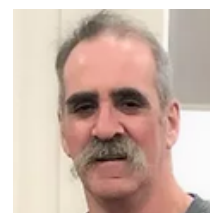
Jo Morris



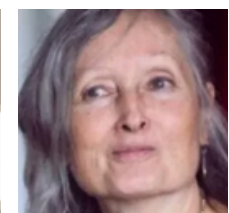
Jo Golds



Lilei Enright



Tom Scott



Elizabeth Mackenzie

## Evergreen Gym Studio + Personal Training

### Small Group Circuit Sessions

Thursdays 11am & 1.15pm (45 mins)

Max 4 people per class

### Personal Training

Contact Baylee to arrange day/time

## Find the right class for you!

Before you get started with your exercise plan, book a time to meet with Exercise Coordinator Baylee

to make sure you're medically cleared to participate. This ensures you get the most out of your program.

## Notes

- Please check the online Activities Calendar for any timetable changes
- Make sure you wear appropriate sneakers. Sandals are not permitted