



Exercise Class Timetable

Term 1: Monday 30th Jan – Thursday 5th April 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15am		OutFit Bootcamp	Pilates	OutFit Bootcamp	Pilates
9:00am	Parents & Prams			Parents & Prams	
10:00am	Pilates		Pilates		
3:00pm	MoveMore				
4:30pm	MoveMore				
6:00pm		Pilates		Pilates	

Pilates

Pilates is an exercise program that focuses on strengthening your postural muscles, correct breathing techniques & improving your core confidence & control. Sanctuary's Pilates Mat Classes are taught in small groups to ensure you receive individualised attention from our qualified Physiotherapist.

Move More

A fun, dynamic class for people of all ages wanting to move more. These classes act as small group personal training sessions, with exercises modified to suit your ability. Move more classes are conducted by our qualified Exercise Physiologist

Parents and Prams

Come along to Sanctuary's Parents & Prams class and have fun exercising outdoors with your child in a supportive group setting. Be trained by experts who understand activities needed for being an active parent.

OutFit Bootcamp

A fun, bootcamp-style workout aimed at kicking your fitness and weight loss goals. Intensity of exercises are modified for your level so this is perfect for anyone serious about getting fit.

Call 9506 0400 or email info@sanctuary.sanitarium.com.au to reserve your place today



Exercise Class Information

*Free for class participants**

This term we are offering course participants a chance to do more for their health. Take advantage of these free services:

1. Free Body Composition Analysis

15 min consult with our Dietitian to find out your weight, body fat %, body mass index, fat/muscle mass, and more

2. Free 10 Point Health Check

Measures general health indicators such as height, weight, BMI, Cholesterol, Blood Glucose Level etc. (20 min)

3. Free Health Information Sessions

All participants will be invited to attend one of two free health information sessions. They will cover 3 areas:

- Eating for fitness - Dietitian Madison Fox
- Goal setting - Psychologist/Health Coach Nelson Laconi
- Optimal exercising - Exercise Physiologist Michael Mathick

Info Session Dates/Times:

Thursday 15 March; 8am-9am

or

Wednesday 21 March; 6pm-7pm

If you would like to take up any of these offers, call 9506 0400 to book your appointment or place

* Available for participants who have signed up to the 10 week course

Cost

Pilates

Casual \$30 per class

1x week for 10 week course = \$250

2x per week for 10 week course = \$400

Move More, Parents and Prams & OutFit Bootcamp

Casual = \$20 per class

1x week for 10 week course = \$150 (\$15 per class)

2x week for 10 week course = \$250 (\$12.50 per class)

Special for Pilates Course Participants

Attend as many Move More. Parents and Prams or OutFit classes as you wish for an extra \$100 per term

Other information

- The classes are taught by our qualified staff (Delena, Physiotherapist or Michael, Exercise Physiologist)
- You may be able to claim back through your Health Fund
- On the first session we ask you to pay for the 10 week course in full to reserve your place during the term
- Please let us know if you can't attend your class. You can make up classes at alternate times and in any of the exercise classes but these need to be booked in so we reserve your place. Make-up classes need to be completed during the current 10 week course and cannot be carried on to the next course.

2012 Course Term Dates

Monday 30th January	-	Thursday 5th April
Monday 23rd April	-	Friday 29th June
Monday 16th July	-	Friday 21st September
Monday 8th October	-	Friday 14th December