

# TOOWONG GROUP TIMETABLE - AM



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

6:30am  
Boxing

7:30am  
Women's Strength

9:00am  
Bodies on Track

9:30am  
Bodies on Track

9:45am  
T2DM Group

10:30am  
Body Moves

10:30am  
Women's Strength

11am  
Women's Strength

11:30am  
Women's Strength

6:30am  
Women's Strength

9:30am  
Bodies on Track

10:30am  
Bodies on Track

11am  
Women's Strength

6:30am  
Women's Strength

7:30am  
Bodies on Track

9:30am  
Bodies on Track

10:00am  
Women's Strength

11:15am  
T2DM Group

6:00am  
Boxing

6:30am  
HIIT

10:00am  
Bodies on Track

11am  
Body Moves  
11am  
Women's Strength

11:30am  
Women's Strength

7:00am  
General Strength  
7:45am  
General Strength

9:30am  
T2DM Group

**HIGH INTENSITY**  
**MODERATE INTENSITY**  
**LOW INTENSITY**

**MAIN CLINIC**

**LOFT CLINIC**

Bookings essential  
(07) 3870 4119  
info@bodytrack.com.au  
bodytrack.com.au

# GROUP EXERCISE TIMETABLE - TOOWONG - PM



MONDAY

1:30pm  
Bodies on Track

1:30pm  
Parkinson's Group

6:00pm  
Women's Strength

7:30pm  
Men's Strength

TUESDAY

1:15pm  
T2DM Group

1:15pm  
NDIS Youth Group

5:30pm  
Women's Strength

6:00pm  
Men's Strength

6:30pm  
Women's Strength

WEDNESDAY

1:30pm  
Parkinson's Group

5:30pm  
Men's Strength

6:00pm  
Women's Strength

6:30pm  
Women's Strength

THURSDAY

12:30pm  
Women's Strength

6:00pm  
HIIT

6:30pm  
HIIT

7:00pm  
Men's Strength

FRIDAY

12pm  
Body Moves

**HIGH INTENSITY**  
**MODERATE INTENSITY**  
**LOW INTENSITY**

**MAIN CLINIC**

**LOFT CLINIC**

Bookings essential  
(07) 3870 4119  
info@bodytrack.com.au  
bodytrack.com.au

# GROUP EXERCISE TIMETABLE - TOOWONG



## **Body Moves** 30 mins. Max 8 people.

Ideal for Seniors who want to increase physical activity in a safe and fun environment. Improve heart health, functional strength and falls prevention. Includes balance training, aerobic and resistance training, coordination and flexibility exercises.

## **Bodies on Track** 30 mins + warm up. Max 8 people.

Ideal for over 50's who want to improve or maintain their health and fitness. Includes moderate intensity cardiovascular and resistance exercise as well as balance and flexibility. Great fun and social group, often followed with a chat at the cafe!

## **Men's Strength** 30 mins + warm up. Max 6 people.

Ideal for men who want to increase strength, improve body composition and improve mental health and wellbeing. Includes a variety of resistance based exercises performed under close supervision.

## **Boxing** 30 mins + warm up. Max 10 people.

High intensity pad work and boxing-specific fitness. Gloves and inners provided or BYO if you prefer. Boxing Technique sessions recommended if not familiar with technique and basic combinations.

## **Parkinson's Group** 30 mins + warm up. Max 6 people.

Exercise and education for people with Parkinson's Disease. Includes cardiovascular exercise, resistance training, as well as power, dual tasking and amplitude of movement exercises specifically beneficial for people with Parkinson's Disease.

## **T2DM Group** 30 mins + warm up. Max 10 people.

Exercise and education group for people with Type 2 Diabetes. Moderate intensity circuit group. Includes cardiovascular and resistance training with pre and post exercise blood glucose testing. Medicare subsidies plus 15 min education sessions with GP referral.

## **Women's Strength** 30 mins + warm up. Max 6 people.

Ideal for women who want to increase strength, maintain bone mineral density or exercise safely following pregnancy or prolapse. Includes a variety of resistance based exercises performed under close supervision.

## **General Strength** 30 mins + warm up. Max 6 people.

Increase strength, improve body composition and optimise athletic performance with specifically designed resistance programs performed under close supervision. Suitable for generally healthy populations with experience in resistance training.

## **HIIT** 30 mins + warm up. Max 8 people.

High Intensity Interval Training designed to challenge your muscular endurance and cardiovascular system. Push your heart rate in work-rest intervals to get maximal results in minimal time.

**HIGH INTENSITY**  
**MODERATE INTENSITY**  
**LOW INTENSITY**

**Bodytrack  
Class Pass**

PURCHASE A PACK OF 30  
& SAVE \$150!

Bookings essential  
(07) 3870 4119  
info@bodytrack.com.au  
bodytrack.com.au