

TOOWONG GROUP TIMETABLE - AM



MONDAY

9:00am
Women's Strength

9:30am
Bodies on Track

10:30am
Women's Strength

TUESDAY

7:30am
Women's Strength

7:45am
Women's Strength

9:00am
Bodies on Track

9:45am
T2DM Group

10:30am
Body Moves

11am
Women's Strength

11:30am
Women's Strength

WEDNESDAY

6:30am
Women's Strength

9:00am
Women's Strength

9:30am
Bodies on Track

10:30am
Bodies on Track

11am
Women's Strength

THURSDAY

6:30am
Women's Strength

7:30am
Bodies on Track

9am
Women's Strength

9:30am
Bodies on Track

10:00am
Women's Strength

10:30am
Bodies on Track

11:15am
T2DM Group

FRIDAY

6:00am
Boxing

6:30am
HIIT

10:00am
Bodies on Track

11am
Body Moves

11am
Women's Strength

11:30am
Women's Strength

SATURDAY

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

6:30pm
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

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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.

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.

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!

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.

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.

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.

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.

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!

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