

# SHERWOOD GROUP TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am Men's Strength		6:00am General Strength		
	6:30am General Strength	6:30am Women's Strength	6:30am Women's Strength	6:30am Women's Strength	
7:00am Women's Strength	7:00am BodyHIIT	7:00am Women's Strength		7:00am Women's Strength	
				7:30am Pilates	7:30am General Strength
9:00am Women's Strength	9:00am Women's Strength		9:00am Women's Strength	9:00am Women's Strength	
	9:30am Diabetes Group	9:30am Bodies on Track	9:30am Women's Strength	9:30am Pilates	9:30am Pilates
10:00am Bodies on Track	10:30am Body Moves		10:30am Body Moves		
	11:00am Bodies on Track			11:30am Bodies on Track	
	4:30pm Youth Athlete Development	12:45pm Parkinson's Group		12:00pm Bodies on Track	
6:00pm Pilates		5:00pm General Strength	6:00pm Pilates		
6:30pm Women's Strength	7:00pm Pilates				

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

Bookings essential  
 (07) 3870 4119  
[info@bodytrack.com.au](mailto:info@bodytrack.com.au)  
[bodytrack.com.au](http://bodytrack.com.au)

# GROUP EXERCISE TIMETABLE - SHERWOOD



## 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.

## Pilates 30 mins + warm up. Max 6 people.

Ideal for anyone beginning or returning to exercise, this group class focuses on perfecting the muscle activation and patterning required for basic functional movements. Improve core stability, mobility and introduce functional movements.

## 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!

## 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.

## Body Mobility 30 mins. Max 8 people.

Ideal for reducing the risk of injury, relieving general aches and pains, and improving performance. Includes stretching, use of foam rollers and trigger balls, and activation exercises, ensuring they are performed correctly and consistently enough to get the benefits.

## Boxing Technique 30 mins + warm up. Max 8 people.

Ideal to learn or brush up on the correct technique to maximise your power and reduce your risk of injury. Perfect the different punches, basic combinations and boxing terminology. Gloves and inners provider or BYO if you prefer.

## Diabetes Group 30 mins + warm up. Max 10 people.

Exercise and education group for people with Type 1 & 2 Diabetes. Moderate intensity circuit group. Includes cardiovascular and resistance training with pre and post exercise blood glucose testing. Medicare subsidised with GP referral for T2 patients.

## 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.

## Youth Development 30 mins + warm up. Max 6 people.

Increase strength, power, endurance and agility to optimise athletic performance with specifically designed programs performed under supervision. Suitable for 12-18 years.

## 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  
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& SAVE \$150!

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# TOOWONG GROUP TIMETABLE - AM



## MONDAY

6:30am  
Women's Strength

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  
Diabetes 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

9:30am  
Bodies on Track

10am  
Women's Strength

10:30am  
Bodies on Track

11:15am  
Diabetes Group

## FRIDAY

6:00am  
Boxing

6:30am  
HIIT

8:30am  
Women's Strength

10:00am  
Bodies on Track

11am  
Body Moves  
11am  
Women's Strength

11:30am  
Women's Strength

## SATURDAY

7:00am  
General Strength

7:30am  
General Strength

9:30am  
Diabetes Group

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

**MAIN CLINIC**

**LOFT CLINIC**

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# 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  
Diabetes Group

1:15pm  
NDIS Youth Group

5:30pm  
Women's Strength

6:00pm  
Men's Strength

6:30pm  
Women's Strength

7:00pm  
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

6:45pm  
Women's Strength

7:00pm  
Men's Strength

FRIDAY

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**LOW INTENSITY**

**MAIN CLINIC**

**LOFT CLINIC**

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# GROUP EXERCISE TIMETABLE - TOOWONG



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

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## **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.

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

Exercise and education group for people with Type 1 & 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 for T2 patients.

## **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.

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