

## GROUP EXERCISE CLASSES

### MONDAY

|         |                                 |         |
|---------|---------------------------------|---------|
| 6:30am  | Strong                          | HoysFIT |
| 8:30am  | Prime                           | HoysFIT |
| 10:00am | Pilates Core Mat (Intermediate) | Sawtell |
| 11:30am | Pilates Core Mat (Beginner)     | Sawtell |
| 4:00pm  | Young Athlete                   | HoysFIT |
| 5:30pm  | Pilates Core Mat (Intermediate) | Sawtell |

### TUESDAY

|        |                   |              |
|--------|-------------------|--------------|
| 7:00am | Pilates Equipment | HoysFIT      |
| 8:00am | Hydrotherapy      | Sawtell Pool |
| 8:30am | Hydrotherapy      | Coffs Pool   |
| 5:00pm | Active            | HoysFIT      |

### WEDNESDAY

|        |        |         |
|--------|--------|---------|
| 6:30am | Strong | HoysFIT |
| 8:30am | Prime  | HoysFIT |

### THURSDAY

|        |                                 |            |
|--------|---------------------------------|------------|
| 7:00am | Pilates Equipment               | HoysFIT    |
| 8:30am | Hydrotherapy                    | Coffs Pool |
| 9:30am | Pilates Core Mat (Intermediate) | Sawtell    |
| 5:00pm | Active                          | HoysFIT    |

### FRIDAY

|        |        |         |
|--------|--------|---------|
| 6:30am | Strong | HoysFIT |
| 8:30am | Prime  | HoysFIT |

*One Body. One Life. Hoys.*

**02 6652 7355 | HOYSHEALTH.COM.AU**

All our classes are run by Accredited Physiotherpists or Exercise Physiologist or Trained Pilates Instructors.

Private Health Rebates apply.

HoysFIT Memberships available - \$40/week unlimited classes



# WHAT ARE THE CLASSES?

All classes \$20\*

\*Hydrotherapy pool entry will be needed to be paid as well & Pilates Equipment is \$30

**STRONG:** Designed to help build strength and condition muscles, created for people with a reasonable fitness level.

**PRIME:** Designed for individuals in the Prime of their life (50+), looking to prime and start their fitness journey.

**ACTIVE:** Designed for individuals with a basic fitness level, looking for an Active type of workout.

**YOUNG ATHLETE:** Designed specifically for young athletes looking to enhance their training and sport performance.

All HOYSFIT classes are a 60-minute, Strength & Conditioning class for everyone. These individually prescribed exercises are targeted at an individual's needs and exercise capabilities in a small group environment. These classes focus on:

- Chronic Disease Management
- Diabetes (Type 1 & 2)
- Cardiovascular Disease
- Respiratory Disease
- Osteoporosis / Falls Prevention
- Cancer Recovery
- Weight Management
- Injury Prehab / Rehab

**HYDROTHERAPY:** Aquatic Physiotherapy is a specifically designed exercise program conducted in a heated swimming pool which provide a supported non-weight bearing exercise environment. Classes held at Coffs Harbour or Sawtell Pool (season permitting).

**PILATES Equipment:** A fun and friendly Pilates class, utilising Pilates reformer and other Pilates equipment, that will give you a great workout, improving your strength, function, movement skills, mobility, and balance. Suitable for all fitness levels - beginner to advanced. Max 6 per class. \$30 a class

\*Prior to attending our group Equipment Pilates classes, we ask that you attend a 1:1 pre-screen with our Exercise Physiologists. This appointment will allow us to discuss relevant medical history, personal goals, and complete a movement screen to assess any aches, pains, or concerns. We will also work with you one to one on our equipment to introduce basic Pilates principles.

**PILATES CORE MAT (Beginner):** way of exercising that used low impact flexibility and endurance movements to develop muscular strength. Creating balance, core strength and better postural alignment. Teaching the fundamentals of Pilates gradually increasing the intensity of your workout. Excellent in treating lower back pain and tightness of muscles.

**PILATES CORE MAT (Intermediate):** A class designed to create a stronger core, lean long muscles and strong backs. Power stretching and core cardio moves are incorporated to leave your body feeling strong and revitalised and your muscles relaxed. Equipment such as the band, ring and ball are used in this class.

All our classes are run by Accredited Physiotherpists or Exercise Physiologist or Trained Pilates Instructors.

Private Health Rebates apply.