

# BOXERCISE

Combining boxing with fitness and a lot of fun! Get fighting fit with this class. No previous experience required

## 1 Hour Class Duration

Wednesday: 8:00 am  
Thursday: 6:00 pm



# JUNGLE BODY MIXED

A moderate to high intensity music driven class that involves a selection of exercises that will work all aspects of Fitness: Cardio, Strength, Balance, Agility, Coordination & Flexibility

## 1 Hour Class Duration

Tuesday:  
9:00 AM



# OPENING HOURS

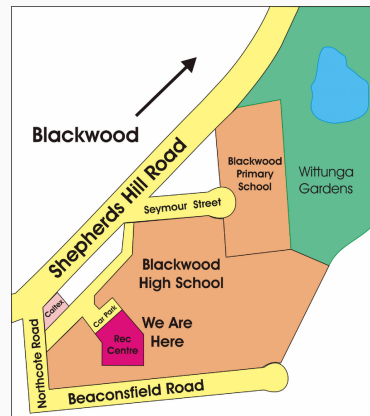
**MON - FRI 6 AM - 9 PM\***  
**SAT - SUN 8 AM - 5 PM\***

\*These times may vary occasionally in line with other activities within the centre



# CONTACT US

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# 'THE REC' CLASS TIMETABLE

Blackwood Recreation  
Centre



## PILATES

A one hour, matt based conditioning class that focuses on strengthening & stabilising key areas of the body, particularly the 'core' (abdominal muscles), & the pelvic floor. It also aims to improve overall muscle tone & endurance, flexibility & posture.

### 1 Hour Class Duration

Tuesday: 9:15 am 10:30 am	Thursday 9:15 am 10:30 am
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## YOGA

Our yoga class follows traditional physical & mental practices that improve muscle tone, control & endurance. They also enhance flexibility and overall well being. Classes are suitable for all ages & ability levels

### 1.5 Hour Class Duration

Monday & Wednesday: 6:30 pm  
Tuesday & Friday: 10:15 am

## REC F.I.T

A fantastic total body strength training class that can feature a variety of body weight exercises as well as free weights & other equipment. Suitable for all ages & fitness levels. Take it at your own pace

### 1 Hour Class Duration

Monday: 9:00 am	Tuesday: 6:00 pm	Thursday: 9:00 am
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## COMBO

Combo is a combination of cardiovascular work & strength training. It is a moderate to high intensity total body workout utilizing an assortment of techniques & equipment.

### 1 hour Class Duration

Saturday:  
9:00 am



## BETTER BALANCE

Improve your balance, stability and coordination in a fun and helpful group setting. Great for those wanting to improve quality of life and reduce falls risk.

### 45 min Class Duration

Tuesday 8:00 am	Thursday 08:15 am
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## JUNGLE BODY

Gentle movement to music that combines basic dance moves, low impact aerobics and fitness exercises in a fun environment. Great for those who want low impact but want to get moving

### 1 Hour Class Duration

Monday 11:00 AM	Thursday: 12:00 PM
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