

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



NO FALLS PROGRAM*

Run in conjunction with our in-house Exercise Physiologist and instructors, go into a 10-week program to help those who have had a fall or are at risk of having a fall.

For more information please see reception.



*Please note this program is not included in your membership costs.

OPENING HOURS

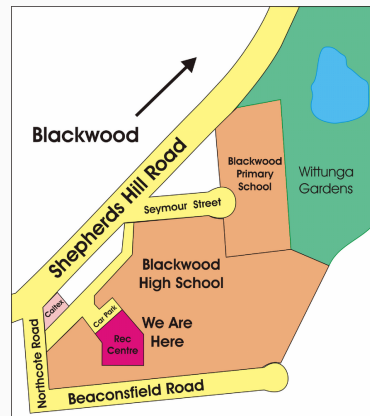
MON - FRI 6 AM - 9 PM*
SAT - SUN 8 AM - 5 PM*

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



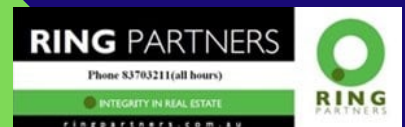
CONTACT US

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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:	Thursday
9:15 am	9:15 am
10:30 am	10:30 am

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:	Tuesday:	Thursday:
9:00 am	6:00 pm	9:00 am



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

Tuesday & 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	Thursday
8:00 am	08:15 am



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	Thursday:
12:00 PM	12:00 PM