

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.

Participants will be split into smaller groups (6-8 people) and be put into groups on a Tier system to attempt to match participants that have similar ability levels.

For more information please see reception.



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

FITBALL FUNDAMENTALS

Learn all the ins and outs of using a Fitball and how it can enhance your workout program. This will help strengthen your core while challenging your whole body.

45 Minute Class Duration

Saturday
8:15AM

OPENING HOURS

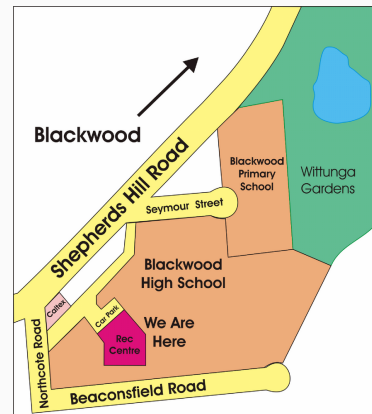
MON - FRI 6 AM - 9 PM*
SAT - SUN 8 AM - 5 PM*

*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
9:15AM	9:15AM
10:30AM	10:30AM

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: 10:30AM
Monday & Wednesday: 6:30PM
Tuesday & Friday: 10:15AM

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 & Saturday:
9:00AM
Tuesday:
6:00PM



MOVE N GROOVE

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

Wednesday
10:30AM

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
8:00AM	08:15AM



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:	Thursday:
8:00AM	6:00AM

