

Class Times

Monday 8:00am-9:00am
9:00am-10:00am
10:00am-11:00am
11:00am-12:00pm

Tuesday 8:00am-9:00am
9:00am-10:00am
10:00am-11:00am
11:00am-12:00pm

Wednesday 8:00am-9:00am
9:00am-10:00am
10:00am-11:00am
11:00am-12:00pm

Thursday 9:00am-10:00am
10:00am-11:00am
11:00am-12:00pm
5:00pm-6:00pm

Friday 8:00am-9:00am
9:00am-10:00am
10:00am-11:00am
11:00am-12:00pm

Saturday 10:00am-11:00am

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

1 Northcote Road
EDEN HILLS SA 5050

8278 8833

contactus@blackwoodrec.com.au

www.blackwoodrec.com.au



STRENGTH FOR LIFE

Class Timetable and information

 [@blackwoodrecreationcentre](https://www.instagram.com/blackwoodrecreationcentre)

 [/blackwoodcommunityrecreationcentre](https://www.facebook.com/blackwoodcommunityrecreationcentre)

1 Northcote Road, Eden Hills 5050
Ph: (08) 8278 8833

Strength For Life

S4L is a supervised strength training program exclusively for participants over 50 years of age. Train in a group environment with your own personalised program.

A typical class starts with a fun and simple group warm up. Next you spend approximately 30-40 mins on your strength program (including both pin loaded machines and free weights). We finish together with a cool down and a series of stretches.

The strength for life program will:

Help you maintain your independence

Make daily tasks easier

Improve your flexibility, vitality and general wellbeing

Develop and maintain muscle mass, endurance and strength

Give you the opportunity to make new friends and have fun!

Anyone over the age of 50 can join!

Our programs are suitable for all levels of ability, and are tailored to everyone's specific needs and limitations

We offer a safe supportive environment within our private air conditioned studio

You are welcome to come along and observe any of our sessions



Pricing

10 visit pass \$100

**passes expire 6 months after date of purchase*

\$50 - Assessment and Personal Exercise Program (once off)

Please wear comfortable clothing and supportive footwear for your assessment and classes

3 Easy Steps to Get Involved

Step One

Phone or drop into Blackwood Rec Centre to receive your enrolment pack.

Step Two

Complete the forms in the Enrolment Pack and obtain your G.P clearance if you answer yes to any of the prescreening questions.

Step Three

Once you have your Doctors clearance you may book an assessment with one of our qualified instructors, where they will discuss your goals and personal strength program. To set up your assessment, give us a call. Assessments run Monday to Friday from 12pm-1pm and Saturday's 11am-12pm.

Health Fund Rebates

Many Private Health Funds now offer rebates for Gym Memberships. Check your eligibility and ask for a Tax Invoice if you are able to claim