

## YELLOW MEMBERSHIP

### GYM CLASSES

#### FOTP GYM - 64 MacKinnon Parade, North Adelaide

SEC1	Monday (over 65's)	2.00pm	Anne Lang
FC1	Tuesday	7.00am	Jeannie Thompson
FC2	Tuesday	9.00am	Trevor Cibich
CSB	Tuesday	11.00pm	Trevor Cibich
RTC6	Tuesday	12.00pm	Ethan Gifford
FC6	Thursday	7.00am	Jesse Thompson
FC20	Thursday	8.00am	Jesse Thompson
FC7	Thursday	9.00am	Jesse Thompson
CSB1	Thursday	11.00am	Ethan Gifford
RTC7	Thursday	12.00pm	Ethan Gifford
FC11	Saturday	9.30am	Luc/Lucy

**Key:** RTC & FC - Cardio - Resistance  
- Moderate intensity

### CARDIO & RESISTANCE TRAINING

RTC8	Monday	9.00am	Jeannie Thompson
RTC3	Monday	10.00am	Jeannie Thompson
RTC1	Monday	11.00am	Jeannie Thompson
RTC9	Wednesday	9.00am	Ethan Gifford
RTC4	Wednesday	10.00am	Luc Agostino
RTC2	Wednesday	11.00am	Luc Agostino
RTC10	Friday	9.00am	Jesse Thompson
RTC5	Friday	10.00am	Jesse Thompson
FC12	Friday	11.00am	Jesse Thompson

**Key:** On the hour - Cardio  
On the half hour - Resistance & Stretch

### BALANCE CLASS

BAL	Monday	3.00pm	Luc Agostino
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### PILATES / YOGA

PIL	Wednesday - Seated Yoga	2.00pm	Chris Dalton
YOG	Wednesday - Yoga	4.00pm	Chris Dalton
PIL	Wednesday - Pilates	5.00pm	Chris Dalton

## BE STRONGER - GYM

### FOTP GYM — 64 MacKinnon Parade, North Adelaide

BS1	Monday	1.00pm	Jeannie Thompson
CF5	Monday	5.00pm	Luc Agostino
BS3	Monday	6.00pm	Luc Agostino
BS11	Tuesday	1.00pm	Ethan Gifford
BS21	Tuesday	3.00pm	Ethan Gifford
BS2	Wed	1.00pm	Chris Dalton
SYOG1	Wed - Seated Yoga	2.00pm	Chris Dalton
YOG	Wed - Yoga	4.00pm	Chris Dalton
PIL	Wed - Pilates	5.00pm	Chris Dalton
BS13	Thursday	1.00pm	Ethan Gifford
BS22	Thursday	3.00pm	Jeannie Thompson
CF27	Thursday	5.00pm	Jeannie Thompson
BS9	Saturday	12.00pm	Luc/Lucy

### CLASS CATEGORIES

**YELLOW** members can attend all classes - 2 or more per week. (If you attend any classes in the gym, such as Circuits, Pilates and Fit Ball, you must be enrolled as a **YELLOW** member).

**GREEN** can attend classes listed under **GREEN** only - 2 or more per week.

**BE STRONGER** limited to 2 only Be Stronger' classes per week.

## GREEN MEMBERSHIP

### YOGA

#### St Cyprian's Hall, 70 Melbourne St, North Adelaide

YOG3	Saturday	10.00am	Lucy Verco
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### BACK CARE - Mobility Plus Advanced

#### St Cyprian's Hall, 70 Melbourne St, North Adelaide

MPA1	Tuesday	10.00am	Ann Moore
MPA3	Thursday	10.00am	Carolyn Piki

### FIT FOR LIFE - SUBURBS

#### Brighton

**Brighton High School - 305 Brighton Road, Brighton**  
(during daylight saving.)

**Somerton Baptist Hall, 1 Harrow Road, Somerton Park**  
(Winter)

BRI1	Monday	5.00pm	Anne Marks
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# GREEN MEMBERSHIP

## FIT FOR LIFE & WEIGHTS & STRETCH

### Venues:

**Outdoor** Fitness on the Park: 64 MacKinnon Parade, North Adelaide  
**Cyp** St Cyprian's Hall - 70 Melbourne St, North Adelaide  
**Arch** Archer St - St Andrew's Hall - 92 Archer St, Nth Adelaide

### MONDAY

CF1	Outdoor	FL	7.00am	George Dunstan
CF2	Outdoor	FL	7.30am	Cheryl Housego
CF3	Outdoor	W&S	9.00am	Anne Lang
CF4	Outdoor	FL	10.00am	Carolyn Piki

### TUESDAY

CF9	Outdoor	FL	7.00am	Cheryl Housego
CF9A	<b>Cyp</b>	FL	7.00am	Trevor Cibich
BS15	Outdoor	W&S	8.30am	Tony Bridgman
CF11	Outdoor	W&S	10.00am	Tony Bridgman

### WEDNESDAY

HI-3	<b>Outdoor</b>	<b>Cardio/Strength</b>	<b>7.00am</b>	Dominique Corrado
CF17	Outdoor	W&S	9.00am	Joy Walterfang
CF18	Outdoor	FL	10.00am	Tony Bridgman
WSC	Outdoor	W&S (+cardio)	10.00am	Catherine Doyle
CF20	<b>Arch</b>	W&S	5.30pm	Dominique Corrado

### THURSDAY

CF22	Outdoor	FL	7.00am	George Dunstan
CF23	Outdoor	FL	7.00am	Joy Walterfang
CF25	Outdoor	W&S	10.00am	Anne Lang

### FRIDAY

HI-4	<b>Outdoor</b>	<b>Cardio/Strength</b>	<b>7.00am</b>	Christina K
CF31	<b>Cyp</b>	FL	7.00am	Trevor Cibich
SEC11	Outdoor	W&S (+cardio)	10.00am	Catherine Doyle

### SATURDAY

CF32	Outdoor	W&S (+cardio)	8.00am	Anne Lang
HI-5	<b>Outdoor</b>	<b>Cardio/Strength</b>	<b>8.30am</b>	<b>Christina/Cheryl</b>
CF33	Outdoor	FL	9.00am	Tony Bridgman

#### \* **FIT FOR LIFE (FL)**

30 min exercise (weights/stretch/balance) & 30 min walk

#### \* **WEIGHTS & STRETCH CLASSES (W&S)**

1x hr classes using dumbbells: Strength/Stretch/Balance

#### \* **MASTERS** (Over 65's) Held in the gym

Gentle Chair class - Strength/stretch/balance

#### \* **CARDIO/STRENGTH** cardio, weights, interval training

### **OFFICE HOURS:**

Monday to Friday 8.00am - 4.00pm

### **SUSPENSIONS**

- **Holiday suspensions** 4 weeks per year - no fee.
- **\$5 per week fee** after 4 weeks.
- **Minimum** suspension period of **2 weeks**
- Office is to be **notified prior** to the suspension
- **No retrospective** suspensions, except medical with doctor's certificate

### **MISSED CLASSES**

- **Can be made up** any time you are a current member
- One class a week memberships - must be made up prior to expiry date

### **COURSE CANCELLATION**

- Fitness on the Park reserves the right to cancel any class

### **GYM OPENING HOURS**

- **MONDAY** 6am - 7pm
- **TUESDAY** 6.30am - 5pm
- **WEDNESDAY** 6am - 7pm
- **THURSDAY** 6.30am - 6pm
- **FRIDAY** 6am - 4pm
- **SATURDAY** 7.30am - 1.30pm

# Class Timetable July-Aug 2024

# Fitness on the Park

64 MacKinnon Parade  
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