

COMMUNITY GROUP FITNESS



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GROUP FITNESS TIMETABLE

PRICES:

- \$5** CHSP funded access
- \$8** Strength for Life
- \$10** Group classes



Supervised strength training program designed for those 50Y+



Fit ball and mat work focusing on improving core and strength



Low impact aerobic exercise to build strength, balance and flexibility



A class utilising some chair-based exercises with hand weights to build strength and balance



Aimed at frailer people utilising more chair-based exercises to build strength, coordination and balance

GOOLWA SIGNAL POINT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am		Active Stretch	Keep Fit	Active Stretch	Keep Fit
9:30am	Strength for Life				
10:00am		Strength & Balance	Strength & Balance	Strength for Life	Strength & Balance
10:30am	Keep Fit				

5 Laurie Lane, Goolwa SA 5214 (next door to gallery)

STRATHALBYN LIBRARY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	Strength & Balance			Strength & Balance	
10:30am				Chair, Strength & Balance	

1 Colman Terrace, Strathalbyn SA 5255

Please note that the class timetable is subject to change based on attendance, demand, instructors and on the health advice of the South Australian Government.