

Seniors Group Class Schedule

Time	MON	TUE	WED	THU	FRI	SAT
6:15AM		 STRETCH				 BOXING
7:15AM	HIIT		 FLOW			 WOW
8:15AM	CARDIO	STRENGTH	STRETCH	STRENGTH		
	STRENGTH	FLOW	HIIT	FLOW	STRENGTH	
	REFORMER PILATES		REFORMER PILATES		REFORMER PILATES	
9:15AM		BALANCE		BALANCE		
	 BIO EDUCATION		 REFORMER PILATES	 REFORMER PILATES		REFORMER PILATES
10:15AM			REFORMER PILATES	REFORMER PILATES		 STRETCH
11.15AM	STRETCH	CYCLE	STRENGTH	REFORMER PILATES	STRENGTH	
1:15PM	STRENGTH	REFORMER PILATES	BALANCE	STRENGTH	REFORMER PILATES	
2:15PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
3:15PM	REFORMER PILATES		REFORMER PILATES			
4:30PM		STRENGTH	BALANCE	 STRENGTH		

P4 Gym - Keira Street

P4 Outdoor - Stuart Park

 Flex Class - For both Seniors & General Members

Classes move indoors (except Cardio) in inclement weather

Seniors Group Training Class Descriptions

STRENGTH

Build a stronger mind and body

Build muscle mass, enhance overall strength and promote better mobility and independence. Strength classes help you maintain a higher quality of life as you age through tailored exercises and guidance from our instructors.

CARDIO

Fun cardio workouts for any ability

This class provides a low-impact and heart-healthy way for older adults to boost their cardiovascular fitness and energy levels. Our Cardio class will get you outside and working out with friends.

REFORMER PILATES

Revitalise your mobility

Reformer Pilates classes offer gentle yet effective exercises using specialised equipment to improve posture, flexibility, and overall well-being. Our Movement Therapists tailor classes to seniors' needs, promoting mobility and confidence.

CYCLE

Discover the power of the pedal

Cycle classes are a low-impact option for older adults to improve cardiovascular health and stamina through stationary cycling. Join the only Cycle lab in the Illawarra.

BALANCE

Unlock Your Stability, Enhance Your Life

This isn't your regular class! Challenge your mind and body with a fun interactive workout that aims to stimulate your memory, focus and problem solving through functional movement. From balance to brain boosters, this class will keep you on your toes.

STRETCH

Limber for life!

Focus on improving flexibility and joint mobility, enhancing overall comfort and ease of movement in daily life. These gentle, guided sessions will significantly help reduce the risk of injury.

FLOW

Build strength, stability and control

A mat-based strength class focused on glutes, core and full-body control. Using slow, low-impact movements, it improves posture, balance and mobility while building strength and stability for everyday movement.

HIIT

Boost overall fitness and endurance

A high intensity combined strength and functional training program with a cardio component which challenges and improves multiple fitness components. This program will dramatically improve overall fitness and muscular definition burning fat and creating lean muscle.