

# 2026 GROUP FITNESS TERM 2

 JC Slaughter Falls, Mt Coottha

 Bowman Park, Bardon

 Jubilee Park, Bardon

	<i>Mo</i>	<i>Tu</i>	<i>We</i>	<i>Th</i>	<i>Fr</i>	<i>Sa</i>
<b>6:00am</b>	HIIT					
<b>6:30am</b>			TC			
<b>7:00am</b>						TC
<b>9:15am</b>					TC+	
<b>9:30am</b>			50+ CT+			
<b>10:30am</b>				PIL+		

*[+ Free Active Parks/GOLD Sessions]*

**50+ CT** – Circuit Training

*Safe strength, core, balance and agility.*

*Suitable for all ages.*

**HIIT** – High Intensity Interval Training

*Challenge and improve fitness, strength & endurance.*

**PIL** – Pilates

*Build core strength and stability.*

**TC** – Tabata & Core

*Interval training with core & stability exercises.*

**Contact Christine 0406 425 561**