



SHELLHARBOUR  
HEALTH INC

# FITNESS & HEALTH PROGRAM SCHEDULE

DAY	TIME	CLASS	VENUE	SUITABLE FOR
MONDAY	6.00 - 7.00am 4.00 - 5.00pm 6.00 - 7.00pm 6.00 - 6.30pm	X-FACTOR Boot Camp Active Kids Warrior Workers Back Fit Program	Various Flinders Reserve Flinders Reserve Shellharbour Health	Intense workouts After school fitness After work Back pain sufferers
TUESDAY	6.00 - 7.00am 9.30 - 10.30am 10.30 - 10.30am 10.30 - 11.30am 4.00 - 5.00pm 5.00 - 6.00pm 6.00 - 7.00pm 6.00 - 7.00pm	Beach Run Yummy Mummy's Body Maintenance Hydrotherapy Active Kids Pilates Pilates Warrior Workers	Various Flinders Reserve Flinders Reserve Peterborough Pool Flinders Reserve Shellharbour Health Shellharbour Health Flinders Reserve	All Mums (prams welcome) Over 50's Arthritis, injuries After school fitness Beginners/Intermediate Beginners/Intermediate After work
WEDNESDAY	6.00 - 7.00am 4.00 - 5.00pm 5.30 - 6.30pm 6.00 - 7.00pm 6.30 - 7.30pm	X-FACTOR Boot Camp Active Kids Yoga Warrior Workers Yoga	Various Flinders Reserve Shellharbour Health Flinders Reserve Shellharbour Health	Intense Workouts After school fitness Beginners/Intermediate After work Beginners/Intermediate
THURSDAY	6.00 - 7.00am 9.30 - 10.30am 10.30 - 11.30am 10.30 - 11.30am 4.00 - 5.00pm 5.00 - 6.00pm 6.00 - 7.00pm 6.00 - 7.00pm	Bush Run Yummy Mummy's Body Maintenance Hydrotherapy Active Kids Pilates Pilates Warrior Workers	Various Flinders Reserve Flinders Reserve Peterborough Pool Flinders Reserve Shellharbour Health Shellharbour Health Flinders Reserve	All Mums (prams welcome) Over 50's Arthritis, injuries After School fitness Beginners/Intermediate Beginners/Intermediate After work
FRIDAY	6.00 - 7.00am 4.00 - 5.00pm 6.00 - 7.00pm	X-FACTOR Boot Camp Active Kids Warrior Workers	Various Flinders Reserve Flinders Reserve	Intense workouts After school fitness After work
SATURDAY	8.00 - 8.45am 9.00 - 9.45am 11.00 - 12.00pm	Family Fitness Family Fitness Diabetes Education	Flinders Reserve Flinders Reserve Shellharbour Health	Families Families Diabetes sufferers