

Group Exercise Classes

March 2021

| DAY | GROUP EXERCISE CLASS | LOCATION |
|------------------|----------------------------------|--------------|
| MONDAY | | |
| 6:30am | ● HOYSFIT - Strong | Hoys Fit |
| 8:30am | ● HOYSFIT - Prime | Hoys Fit |
| 10:00am | ● CORE - Mat Intermediate | Sawtell |
| 11:30am | ● CORE - Mat Beginner | Sawtell |
| 12:00pm | ● CORE - Equipment | Hoys Fit |
| 5:30pm | ● CORE - Mat Intermediate | Sawtell |
| TUESDAY | | |
| 8:00am | ● HYDROTHERAPY | Coffs Pool |
| 8:30am | ● HOYSFIT - Prime | Hoys Fit |
| 5:00pm | ● HOYSFIT - Active | Hoys Fit |
| WEDNESDAY | | |
| 6:30am | ● HOYSFIT - Strong | Hoys Fit |
| 8:00am | ● HYDROTHERAPY | Sawtell Pool |
| 8:30am | ● HOYSFIT - Prime | Hoys Fit |
| 12:00pm | ● CORE - Equipment | Hoys Fit |
| 5:30pm | ● CORE - Mat Intermediate | Sawtell |
| THURSDAY | | |
| 8:00am | ● HYDROTHERAPY | Coffs Pool |
| 8:30am | ● HOYSFIT - Prime | Hoys Fit |
| 9:30am | ● CORE - Mat Intermediate | Sawtell |
| 5:00pm | ● HOYSFIT - Active | Hoys Fit |
| FRIDAY | | |
| 6:30am | ● HOYSFIT - Strong | Hoys Fit |
| 8:30am | ● HOYSFIT - Prime | Hoys Fit |
| 12:00pm | ● CORE - Equipment | Hoys Fit |
| 3:30pm | ● CORE - Equipment | Hoys Fit |

All our classes are run by Accredited Physiotherapists or Exercise Physiologists or Trained Pilates Instructors.

Private Health fund rebates apply.

02 6652 7355 | hoyshealth.com.au

● **HOYSFIT - \$20 per class**

HOYSFIT - Strong - designed for those with a reasonable fitness level, looking for a Strength & Conditioning type of workout.

HOYSFIT - Prime - designed for individuals in the Prime of their life (50+), or those looking to prime and start their fitness journey.

HOYSFIT - Active - designed for those with a basic fitness level, looking for an Active type of workout.

All HOYSFIT classes are a 60-minute, Strength & Conditioning class for everyone. These individually prescribed exercises are targeted at an individual's needs and exercise capabilities in a small group environment. This class focuses on:

- Chronic Disease Management
- Cardiovascular Disease
- Osteoporosis / Falls Prevention
- Weight Management
- Diabetes (Type 1 & 2)
- Respiratory Disease
- Cancer Recovery
- Injury Prehab / Rehab

● **HYDROTHERAPY - \$15 per class, + pool entry**

Aquatic Physiotherapy is a specifically designed exercise program conducted in a heated swimming pool which provide a supported non-weight bearing exercise environment. Hydrotherapy classes can be booked as an individual 1:1 session, supervised 1:4 session, or you can attend one of our weekly group classes held in Coffs Harbour Pool or Sawtell (season permitting).

● **CORE - Mat Beginner - \$20 per class**

Core beginner - a way of exercising that used low impact flexibility and endurance movements to develop muscular strength. A focus on creating balance, core strength and better postural alignment. Teaching the fundamentals of Pilates gradually increasing the intensity of your workout. Excellent in treating lower back pain and tightness of muscles.

● **CORE - Mat Intermediate - \$20 per class**

Core intermediate - a class designed to create a stronger core, lean long muscles and strong backs. Power stretching and core cardio moves are incorporated to leave your body feeling strong and revitalised and your muscles relaxed. Equipment such as the band, ring and ball are used in this class.

● **CORE - Equipment - \$30 per class**

Sessions focusing on core muscle activation and strengthening through the use of specialised core equipment including reformer and trapeze table incorporating the principles of Pilates. The versatility of the equipment enables beginners right through to advanced attendants to participate, while being easy to use for those who have trouble getting on and off the floor.