



Class Schedule 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Active		5:00 pm		5:00 pm	
Prime	8:30 am	8:30 am	8:30 am	8:30 am	8:30 am
Strong	6:30 am		6:30 am		6:30 am
Hydrotherapy		8:30 am		8:30 am	
Young Athletes	4:00 pm				
Core - Beginner	10:00 am 11:30 am				
Core - Immediate	5:30 pm		5:30 pm	9:30 am	
Core - Equipment	12:00 pm				12:00 pm
Women's Only				7:30 am	

About HoysFit Classes:

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.

Training can help to manage:

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

All our classes are run by Accredited Physiotherapists or Exercise Physiologists or Trained Pilates Instructors. Class prices range from \$15 to \$30 per class. Private Health fund rebates apply.

Booking and Pricing:

[Book a class](#) or call to purchase a [HoysFit Class Pass Discount](#). If you have any questions about booking or would like to speak to our team call [02 6652 7355](tel:0266527355).



Class Descriptions

Active, \$20 per class.

Designed for those with a basic fitness level, looking for an Active type of workout.

Prime, \$20 per class.

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

Strong, \$20 per class.

Designed to help build strength and condition muscles, designed for people with a reasonable fitness level.

Hydrotherapy, \$15 per class + pool entry.

Aquatic Physiotherapy is a specifically designed exercise program conducted in a heated swimming pool which provides a supported non-weight bearing exercise environment. Hydrotherapy classes can be booked as an individual 1:1 session, supervised 1: 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.

Provides a way of exercising that uses 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 increases the intensity of your workout. Excellent in treating lower back pain and tightness of muscles.

Core Mat - Intermediate, \$20 per class.

Is 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.

Women's Only, \$20 per class.

Designed to offer a fun, active class where women can bond with each other while working on building strength, mobility and increasing their fitness levels.

Young Athletes (sports performance), \$20 per class.

The young athletes sports performance training has been developed to offer each individual athlete a training program that can help increase strength, mobility, speed and target specific performance measure for their chosen sport.