



INVITE YOUR FRIENDS
TO OUR

12 DAYS OF Christmas

FREE CLASSES

13 to 24 December 2017

Check out our timetable and class definitions at healthmates.com.au or give us a call on 8707 6930

See Healthmates reception for more details



ATTENDING CLASSES

- To find out what each class is about see reception for a class description handout or visit our website.
- All classes are 1 hour unless otherwise stated on the definition page.
- Class tickets are available from reception 30 minutes prior to class commencement.
- Bring a towel to all classes and ensure you use it on your equipment, mats and to remove sweat from your body.
- Bring a bottle of water/fluid.
- Bring clean feet to all mind/body classes.
- Arrive on time to minimise chance of injury and to avoid disrupting the class. Late comers may be refused entry.
- The cool down is important. Ensure you complete this to maintain flexibility, reduce soreness and avoid injury.
- Advise your instructor of any medical conditions, pregnancy or injuries you have prior to the commencement of each class.

HEALTH MATES FESTIVE HOURS

25 December: Closed
26 December: 8am - 12pm & 3pm - 7pm
1 January: 3pm - 7pm
26 January: 8am - 12pm & 3pm - 7pm

Note:

- We will be open all other days as usual.
- Off Peak & Matinee membership holders will be able to attend at any time on the above dates.

THE TREE HOUSE CRÈCHE

During the school holidays children aged 3mths to 13yrs are welcome, so there's no reason for you to stop exercising.

The Tree House Crèche will be closed:

- 25/12/17 to 7/1/18
- 26/1/18

CHRISTMAS THEMED CLASSES

Join in the festivities this season brings by coming along dressed in your most creative Christmas outfits and accessories. Themed classes will be announced on Facebook, so be sure to follow us:

[Facebook.com/healthmates](https://www.facebook.com/healthmates)

KIDS CLASSES

\$7.50 per child or \$5.50 per child for siblings from the same household. Bookings required.

Parents are welcome to watch, however these classes are for kids only.

Bootcamp 4 Kids:

Wed 17 January | 4.30pm - 5:15pm

Hip Hop Dance Party:

Wed 24 January | 4:30pm—5:15pm



HealthMates
Fitness Centre

GROUP EXERCISE CLASSES

FESTIVE TIMETABLE EFFECTIVE

18 DECEMBER — 28 JANUARY



P. 8707 6930

healthmates.com.au

[facebook.com/HealthMates](https://www.facebook.com/HealthMates)

[Instagram.com/healthmatesrwc](https://www.instagram.com/healthmatesrwc)

Time	Mon 18 Dec	Tue 19 Dec	Wed 20 Dec	Thu 21 Dec	Fri 22 Dec	Sat 23 Dec	Sun 24 Dec
5.30am	CARDIO BOX	REV 45	MASTER BLAST	BOOTCAMP	PILATES		
8.30am						MASTER BLAST	REV 30
9.00am			CARDIO HIT 30				ABS 30
9.30am	POWER HOUR STRONG by Zumba	REV 45	STEP 30	LITE & LO REV 30	FOUNDATION YOGA	HATHA YOGA	PILATES
9.40am					ZUMBA 45		
10.00am		LITE & LO	SCULPT 30	ABS30			
10.30am	AO 50's PILATES	HATHA YOGA	PILATES	ZUMBA 45 STRETCH	AO 50's / STRETCH REV 45		
11.15am		MUMS & BUBS					
11.30am	STRONG & STABLE 45		STRONG & STABLE 45			REV 45	
4.00pm							
4.30pm	ZUMBA 45	LITE & LO PLUS	REV 45	SCULPT			
5.30pm	AERO 30	STRETCH BOOTCAMP	PILATES	FIGHT FIT 30	REV 30		
6.00pm	ABT 30 PILATES	BUTT BLAST 30	ZUMBA 45	HATHA YOGA	ABS30 ZUMBA 45		
6.30pm	POWER HOUR	FIGHT FIT 45	REV30				
7.00pm	REV 45		ABS30 STEP30				
7.15pm		VINYASA YOGA					
7.30 pm		REV 45	SCULPT 30 CARDIO BOX				
7.45pm	CIRCUIT 45						

Time	Mon 1 Jan	Tue 2 Jan	Wed 3 Jan	Thu 4 Jan	Fri 5 Jan	Sat 6 Jan	Sun 7 Jan
8.30am	OPEN 3-7PM					MASTER BLAST	REV 30
9.00am							ABS 30
9.30am		REV 45	STEP 30	LITE & LO REV 30	STRETCH	HATHA YOGA FIGHT FIT 45	PILATES
9.40am					ZUMBA 45		
10.00am		LITE & LO	SCULPT 30	ABS30			
10.30am			PILATES	ZUMBA 45	AO 50's / STRETCH REV 45		
11.30am			STRONG & STABLE 45				
4.00pm						REV 45	ZUMBA 45
4.30pm			REV 45	SCULPT			
5.30pm	CIRCUIT	BOOTCAMP	PILATES	FIGHT FIT 30	REV 30		
6.00pm		BUTT BLAST 30	ZUMBA 45	HATHA YOGA	ABS30 ZUMBA 45		
6.30pm		FIGHT FIT 45	REV30	REV 45			
7.00pm		VINYASA YOGA	ABS30 STEP 30	GUIDED MEDITATION			
7.15pm							
7.30 pm		REV 45	SCULPT 30				

Time	Mon 15 Jan	Tue 16 Jan	Wed 17 Jan	Thu 18 Jan	Fri 19 Jan	Sat 20 Jan	Sun 21 Jan
5.30am	CARDIO BOX	REV 45	MASTER BLAST	BOOTCAMP	PILATES		
7.30am						KICK & BOX	
8.30am						MASTER BLAST	REV 30
9.00am			CARDIO HIT 30			ABT 30	ABS 30
9.10am					TODDLER FIT		
9.30am	POWER HOUR STRONG by Zumba	REV 45	STEP 30	LITE & LO REV 30	FOUNDATION YOGA	HATHA YOGA REV XTREME	PILATES
9.40am					ZUMBA 45		
10.00am		LITE & LO	SCULPT 30	ABS30			
10.30am	AO 50's PILATES	HATHA YOGA	PILATES	ZUMBA 45 STRETCH	AO 50's / STRETCH REV 45		
11.30am	STRONG & STABLE 45		STRONG & STABLE 45				
4.00pm						REV 45	ZUMBA 45
4.30pm	ZUMBA 45	LITE & LO PLUS	REV 45	SCULPT	POWER HOUR		
5.30pm	AERO 30	STRETCH BOOTCAMP	PILATES	BOXING 45	REV 30		
6.00pm	ABT 30 PILATES	BUTT BLAST 30	ZUMBA 45	HATHA YOGA	ABS30 ZUMBA 45		
6.30pm	POWER HOUR	STRONG by Zumba	REV 30	REV 45			
7.00pm	REV 45	BOXING 30	ABS30 STEP30	GUIDED MEDITATION	STRONG by Zumba		
7.15pm		VINYASA YOGA					
7.30 pm		REV 45	SCULPT 30 CARDIO BOX				
7.45pm	CIRCUIT 45						

Time	Mon 25 Dec	Tue 26 Dec	Wed 27 Dec	Thu 28 Dec	Fri 29 Dec	Sat 30 Dec	Sun 31 Dec
8.30am	CLOSED TODAY					KICK & BOX	REV 30
9.00am							ABS 30
9.30am		REV 45	BOOTCAMP	REV 30		HATHA YOGA	PILATES
9.40am					ZUMBA 45		
10.00am			SCULPT 30	ABS30			
10.30am			PILATES	ZUMBA 45	AO 50's / STRETCH REV 45		
11.30am			STRONG & STABLE 45				
4.00pm						REV 45	ZUMBA 45
4.30pm			REV 45	SCULPT			
5.30pm		CIRCUIT			REV 30		
6.00pm			ZUMBA 45	HATHA YOGA	ABS30 ZUMBA 45		
6.30pm			REV30				
7.00pm		ABS30					
7.15pm				REV XTREME			
7.30 pm			CARDIO BOX				

Time	Mon 8 Jan	Tue 9 Jan	Wed 10 Jan	Thu 11 Jan	Fri 12 Jan	Sat 13 Jan	Sun 14 Jan
5.30am	CARDIO BOX	REV 45	MASTER BLAST	BOOTCAMP	PILATES		
7.30am						KICK & BOX	
8.30am						MASTERBLAST	REV 30
9.00am						ABT 30	ABS 30
9.10am					TODDLER FIT		
9.30am	POWER HOUR STRONG by Zumba	REV 45	STEP 30	LITE & LO REV 30	FOUNDATION YOGA	HATHA YOGA FIGHT FIT 45	PILATES
9.40am					ZUMBA 45		
10.00am		LITE & LO	SCULPT 30	ABS 30			
10.30am	AO 50's PILATES	HATHA YOGA	PILATES	ZUMBA 45 STRETCH	AO 50's / STRETCH REV 45		
11.30am	STRONG & STABLE 45		STRONG & STABLE 45				
4.00pm						REV 45	ZUMBA 45
4.30pm	ZUMBA 45		REV 45	SCULPT	POWER HOUR		
5.30pm	AERO 30	BOOTCAMP	PILATES	FIGHT FIT 30	REV 30		
6.00pm	ABT 30 PILATES	BUTT BLAST 30	ZUMBA 45	HATHA YOGA	ABS30 ZUMBA 45		
6.30pm	POWER HOUR	FIGHT FIT 45	REV30	REV 45	STRONG by Zumba		
7.00pm	REV 45	VINYASA YOGA	ABS30 STEP30	GUIDED MEDITATION			
7.15pm							
7.30 pm		REV 45	SCULPT 30 CARDIO BOX				
7.45pm	CIRCUIT 45						

Time	Mon 22 Jan	Tue 23 Jan	Wed 24 Jan	Thu 25 Jan	Fri 26 Jan	Sat 27 Jan	Sun 28 Jan
5.30am	CARDIO BOX	REV 45	MASTER BLAST	BOOTCAMP	OPEN 8AM-12PM		
7.30am					3PM-7PM	KICK & BOX	
8.30am							
9.00am			CARDIO HIT 30			MASTER BLAST	REV 30
9.30am	POWER HOUR STRONG by Zumba	REV 45	STEP 30	LITE & LO REV 30		ABT 30	ABS 30
10.00am		LITE & LO	SCULPT 30	ABS 30		HATHA YOGA FIGHT FIT 45	PILATES
10.30am	AO 50's PILATES	HATHA YOGA	PILATES	ZUMBA 45 STRETCH	REV 45		
11:15am		MUMS & BUBS		MUMS & BUBS			
11.30am	STRONG & STABLE 45		STRONG & STABLE 45				
4.00pm	ZUMBA 45					REV 45	ZUMBA 45
4.30pm		LITE & LO PLUS	REV 45	SCULPT			
5.30pm	AERO 30	STRETCH BOOTCAMP	PILATES	FIGHT FIT 30			
6.00pm	ABT 30 PILATES	BUTT BLAST 30	ZUMBA 45	HATHA YOGA			
6.30pm	POWER HOUR	FIGHT FIT 45	REV 30	REV 45			
7.00pm	REV 45	BOXING 30	ABS30 STEP30	GUIDED MEDITATION			
7.15pm		VINYASA YOGA					
7.30 pm		REV 45	SCULPT 30 CARDIO BOX				
7.45pm	CIRCUIT 45						

*The Health Mates team wish you a very merry Christmas
& may 2018 be filled with good health and happiness.*