



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

HEALTH MATES FESTIVE HOURS

25 December:	Closed
26 December:	8am - 12pm & 3pm - 7pm
31 December:	5am - 7pm
1 January:	8am - 12pm & 3pm - 7pm
26 January:	7am - 7pm
28 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 3 months to 13 years are welcome, so there's no reason for you to stop exercising.

The Tree House Crèche will be closed:

- 24/12/18 to 6/1/19
- 28/1/19

CHRISTMAS THEMED CLASSES

Join in the festivities this season 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



GROUP EXERCISE CLASSES

FESTIVE TIMETABLE EFFECTIVE

17 DECEMBER — 20 JANUARY



P. 8707 6930

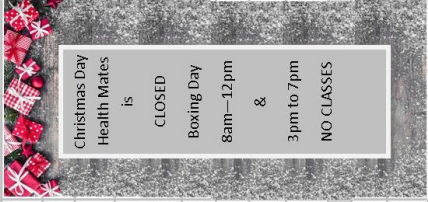
healthmates.com.au

facebook.com/HealthMates

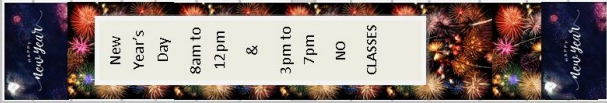
Instagram.com/healthmatesrwc

TIME	MON 17/12	TUE 18/12	WED 19/12	THU 20/12	FRI 21/12	SAT 22/12	SUN 23/12
5:30am	CARDIO BOX	REV ⁴⁵	BODY HIT ⁴⁵	THE ZUU ³⁰	PILATES		
6:00am				REV ³⁰			
7:30am						BODY HIT ⁴⁵	
8:30am			CARDIO HIT ³⁰				REV ³⁰
9:00am							ABS ³⁰
9:30am	POWER HOUR FIGHT FIT	REV ⁴⁵	STEP ³⁰	LITE & LO REV ³⁰	FOUNDATION YOGA	HATHA YOGA	PILATES PLUS
9:40am					ZUMBA ⁴⁵		
10:00am		LITE & LO	SCULPT ⁴⁵	ABS ³⁰			
10:30am	AO50's PILATES	HATHA YOGA	PILATES	ZUMBA ⁴⁵ STRETCH ⁴⁵	AO50's	ZUMBA ⁴⁵	
11:15am		MUMS & BLUES ⁴⁵			STRONG & STABLE ⁴⁵		
11:30am	STRONG & STABLE ⁴⁵						
4:00pm						REV ⁴⁵	ZUMBA ⁴⁵
4:30pm	ZUMBA ⁴⁵	PILATES		BODY HIT ⁴⁵	SCULPT		
5:00pm		POWER HIT ³⁰	SCULPT				
5:30pm	AERO ³⁰	CARDIO HIT ³⁰	PILATES PLUS		REV ⁴⁵		
6:00pm	SCULPT ³⁰ PILATES	SCULPT ³⁰	ZUMBA ⁴⁵	HATHA YOGA	ZUMBA ⁴⁵		
6:30pm	POWER HOUR	FIGHT FIT ⁴⁵	REV ³⁰	BOXING			
6:45pm		LATIN FITNESS ⁴⁵					
7:00pm	REV ⁴⁵						
7:15pm		VINYASA YOGA					
7:30pm	BODY HIT ⁴⁵						
8:00pm		BOXING ³⁰					

TIME	MON 24/12	TUE 25/12	WED 26/12	THU 27/12	FRI 28/12	SAT 29/12	SUN 30/12
5:30am	CARDIO BOX						
8:30am						SCULPT	REV ³⁰
9:00am							ABS ³⁰
9:30am	POWER HOUR			REV ³⁰	FOUNDATION YOGA	HATHA YOGA	PILATES PLUS
9:40am					ZUMBA ⁴⁵		
10:00am		ABS ³⁰					
10:30am	PILATES	ZUMBA ⁴⁵			AO50's	ZUMBA ⁴⁵	
11:30am	STRONG & STABLE ⁴⁵						
4:00pm						REV ⁴⁵	ZUMBA ⁴⁵
4:30pm	ZUMBA ⁴⁵			BODY HIT ⁴⁵			
5:30pm					REV ⁴⁵		
6:00pm	SCULPT			HATHA YOGA	ZUMBA ⁴⁵		
7:00pm	REV ⁴⁵						

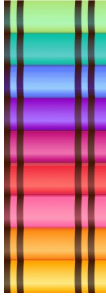


TIME	MON 31/12	TUE 1/1	WED 2/1	THU 3/1	FRI 4/1	SAT 5/1	SUN 6/1
8:30am						SCULPT	REV ³⁰
9:00am							ABS ³⁰
9:30am	POWER HOUR		STEP ³⁰	REV ³⁰	FOUNDATION YOGA	HATHA YOGA	PILATES PLUS
9:40am			SCULPT ⁴⁵	ABS ³⁰	ZUMBA ⁴⁵		
10:00am							
10:30am	LITE & LO		PILATES	ZUMBA ⁴⁵	AO50's	ZUMBA ⁴⁵	
11:30am	STRONG & STABLE ⁴⁵		STRONG & STABLE ⁴⁵				
4:00pm							
4:30pm	ZUMBA ⁴⁵			BODY HIT ⁴⁵		REV ⁴⁵	ZUMBA ⁴⁵
5:30pm	PILATES				REV ⁴⁵		
6:00pm			ZUMBA ⁴⁵	HATHA YOGA	ZUMBA ⁴⁵		
6:30pm			REV ³⁰	BOXING			
7:00pm			ABS ³⁰				
7:30pm			BODY HIT ⁴⁵				



TIME	MON 7/1	TUE 8/1	WED 9/1	THU 10/1	FRI 11/1	SAT 12/1	SUN 13/1
5:30am		REV ⁴⁵		THE ZUU ³⁰			
6:00am				REV ³⁰			
7:30am						BODY HIT ⁴⁵	
8:30am						SCULPT	REV ³⁰
9:00am							ABS ³⁰
9:30am	POWER HOUR FIGHT FIT	REV ⁴⁵	STEP ³⁰	LITE & LO REV ³⁰	FOUNDATION YOGA	HATHA YOGA	PILATES PLUS
9:40am					ZUMBA ⁴⁵		
10:00am		LITE & LO	SCULPT ³⁰	ABS ³⁰			
10:30am	AO50's PILATES	HATHA YOGA	PILATES	STRETCH		ZUMBA ⁴⁵	
11:30am	STRONG & STABLE ⁴⁵		STRONG & STABLE ⁴⁵		REV ⁴⁵		
4:00pm						REV ⁴⁵	ZUMBA ⁴⁵
4:30pm	ZUMBA ⁴⁵	PILATES		BODY HIT ⁴⁵	SCULPT		
5:00pm		BODY HIT ⁴⁵	SCULPT			YIN YOGA	
5:30pm		STRETCH			REV ⁴⁵		
6:00pm	SCULPT	SCULPT ³⁰	ZUMBA ⁴⁵	HATHA YOGA	ZUMBA ⁴⁵		
6:30pm		FIGHT FIT ⁴⁵	REV ³⁰	BOXING	THE ZUU ⁴⁵		
6:45pm		LATIN FITNESS ⁴⁵					
7:00pm	REV ⁴⁵		ABS ³⁰				
7:15pm		VINYASA YOGA					
7:30pm	BODY HIT ⁴⁵	REV ⁴⁵	BODY HIT ⁴⁵				
7:45pm							

TIME	MON 14/1	TUE 15/1	WED 16/1	THU 17/1	FRI 18/1	SAT 19/1	SUN 20/1
5:30am	CARDIO BOX	REV ⁴⁵	BODY HIT ⁴⁵	THE ZUU ³⁰	PILATES		
6:00am				REV ³⁰			
7:30am						BODY HIT ⁴⁵	
8:30am						SCULPT	REV ³⁰
9:00am			CARDIO HIT ³⁰				ABS ³⁰
9:10am					TODDLER FIT ³⁰		
9:30am	POWER HOUR FIGHT FIT	REV ⁴⁵	STEP ³⁰	LITE & LO REV ³⁰	FOUNDATION YOGA	HATHA YOGA	PILATES PLUS
9:40am					ZUMBA ⁴⁵		
10:00am		LITE & LO	SCULPT ⁴⁵	ABS ³⁰			
10:30am	AO50's PILATES	HATHA YOGA	PILATES	ZUMBA ⁴⁵	AO50's & STRETCH ³⁰	ZUMBA ⁴⁵	
11:15am		MUMS & BLUES ⁴⁵		STRETCH	REV ⁴⁵		
11:30am	STRONG & STABLE ⁴⁵		STRONG & STABLE ⁴⁵	MUMS & BLUES ⁴⁵	STRONG & STABLE ⁴⁵		
4:00pm						REV ⁴⁵	ZUMBA ⁴⁵
4:30pm	ZUMBA ⁴⁵	PILATES		BODY HIT ⁴⁵	SCULPT		
5:00pm		POWER HIT ³⁰	SCULPT			YIN YOGA	
5:30pm	AERO ³⁰	ZUMBA HIT ³⁰ STRETCH	PILATES PLUS		REV ⁴⁵		
6:00pm	SCULPT ³⁰ PILATES	SCULPT ³⁰	ZUMBA ⁴⁵	HATHA YOGA	ZUMBA ⁴⁵		
6:30pm	POWER HOUR Antia	FIGHT FIT ⁴⁵ Ingrid	REV ³⁰ Andres	BOXING Adam	THE ZUU ⁴⁵ Ingrid		
6:45pm		LATIN FITNESS ⁴⁵					
7:00pm	REV ⁴⁵		ABS ³⁰				
7:15pm		VINYASA YOGA					
7:30pm		REV ³⁰	BODY HIT ⁴⁵	ZUMBA ⁴⁵			
7:45pm	BODY HIT ⁴⁵						
8:00pm		BOXING ³⁰					



KID FRIENDLY CLASSES
Where you see crayons
on the timetable you are
welcome to bring your
kids for FREE!
Ages 8-13 years.

