

ASPENDALE GARDENS COMMUNITY SERVICE INC. 103-105 Kearney Drive ASPENDALE GARDENS VIC 3195 Business Hours: Monday, 12pm to 3pm Tuesday, Wednesday, Friday, 9am to 3pm Thursday, 8.30am to 3pm





## SEPTEMBER GROUP FITNESS TIMETABLE

## **Tuesday 5th September**

DAY	6:00-6:45AM	7:30–8:15AM	9:00-9:45AM	5:30-6:15PM
TUES	HIIT		ZUMBA	CARDIO CIRCUIT
WED	TOTAL BODY WORKOUT	TABATA ABS		
THURS				BUMS & THIGHS
FRI	TABATA		BOXING	
SAT		HIIT		

\$10.00 per class or \$90.00 upfront for 10 classes

## Meditation & Relaxation

Guided Relaxation & Meditation using techniques such as breathing, progressive muscle relaxation and mindfulness to help you regain clarity and energy.

Suitable for all ages and experience levels.

\*BYO yoga mats and water bottle



Thursday's 2.00pm – 3.00pm | During School Terms \$10 per class (save \$10 when you pay up front - \$90 for 10 classes)

Seniors \$8 per class (save \$2)



Visit our website, Facebook or contact the Centre for further information and enrolment details!

Tel: 9587 5955 Web: www.agcsinc.org.au Facebook: www.facebook.com/AGCSinc