

LIFESTYLE TIMETABLE



CANTERBURY · HURLSTONE PARK
RSL CLUB



Monday

- 9.15am Tai Chi** – Chen Style
relaxed circular movements
- 10.30am Zumba Gold** – Seniors Latin inspired
dance fitness lower intensity
- 12.30pm Belly Dance – A shimmying and a
shaking bring along a scarf
- 2pm Pilates – Targeting abdominals,
improves posture & flexibility
- 5.45pm Gentle Exercise** – Low impact class,
stretching and short combinations
- 7pm Line Dancing – Social night
kick up your heels, all levels

Tuesday

- 9.30am Zumba** – Latin inspired Dance fitness
- 10.30am Yoga** – Over 10 different stations
- 11.45am Combination** – Exercise / Yoga /
circuit - a mix of activities
- 1pm Belly Dancing – Shimmying and a
shaking bring along a scarf
- 2pm Boxercise Circuit – Up to 8 stations
including gloves & focus pads
- 6.15pm Zumba** – Latin inspired Dance fitness
- 7.15pm Yoga** – Stretching , Strengthening and
Balance clam your mind

Thursday

- 9.15am Yo-Chi** – Energise your body mind &
spirit with music and movement
- 10.30am Yoga – Hatha infused with power yoga
focusing on Stretching, Strengthening
and Balance &
Japanese – working with the seasons
based on the 5 Element Theory (Yin/Yang)
- 12.30pm Exercise plus – Aerobic elements with
Yoga based stretching keep you fit and
your mind active & Gentle Exercise –
low impact class, stretching and short
combinations
- 1.30pm Line Dancing Beginners
Learn the Basic moves
- 2pm Line Dancing Intermediate
“Boot Scooting fun for all”
- 6.15pm Yoga** Stretching, Strengthening and
Balance calm your mind
- 7.15pm Zumba** Latin inspired
Dance fitness

All classes
only \$4
Visitors \$10
(must be over 18)

20 – 26 Canterbury Road, Hurlstone Park NSW 2193
P: 9559 0000 ▶ www.chprsl.com.au

Information correct at time of print. Subject to change. Nov 11.



\$3.50 Multi Visit purchases are available from the Customer Service Desk in the Gaming room and Single Visit Purchases can be made from the Reception Desk.

Gym Hours

Ladies

Mon	8am – 10am 4pm – 6pm
Tues	10am – 12pm 6pm – 8.30pm
Wed	8am – 10am 4pm – 6pm
Thurs	10am – 12pm
Fri	10am – 12pm
Sat	12pm – 2pm
Sun	10.30am – 12.30pm

Men

Mon	10am – 12pm 6pm – 8.30pm
Tues	8am – 10am 4pm – 6pm
Wed	10am – 12pm 6pm – 8.30pm
Thurs	8am – 10am
Fri	8am – 10am
Sat	10am – 12pm
Sun	8am – 10.30am

MEMBERS

- ▶ A Doctor's Consent form must be completed prior to using gym
- ▶ Gym Instructor available to discuss fitness & diet
- ▶ Members only
- ▶ New members will be charged a \$34 joining fee.
- ▶ All members must use a towel in all work areas. Please wipe down equipment after use
- ▶ Clean gym gear & joggers must be worn at all times. Jeans, cargo pants & vests are unacceptable. No baseball caps to be worn
- ▶ Only water is permitted for consumption in the gym.
- ▶ Chewing gum is not permitted
- ▶ All gym bags are to be stored in lockers. The club is not responsible for theft of valuables.
- ▶ Please adhere to the time limits on the computerised cardiovascular equipment & wipe after use.