



**Exercise in a  
supportive and  
social group**

## **CONTACT US**

### **BODY FX Exercise Physiology**

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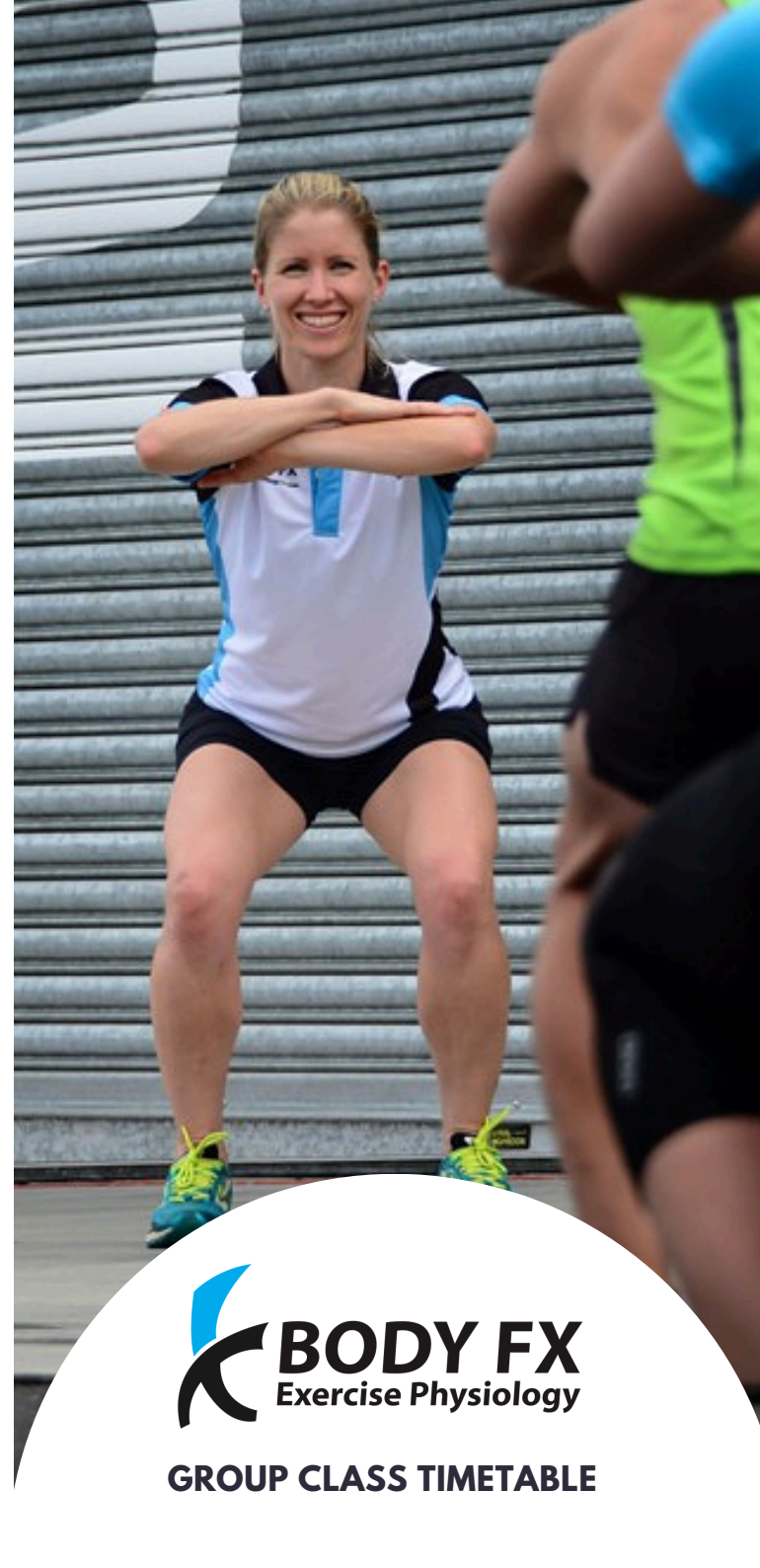
#### **Locations:**

##### **Rankin Street Clinic**

1/91 Rankin Street  
Bathurst, 2795

##### **Ochre Health Medical Centre**

1470 Panorama Avenue  
Bathurst, 2795



**BODY FX**  
Exercise Physiology

**GROUP CLASS TIMETABLE**

# GROUP CLASS TIMETABLE

## CLASS OPTIONS

### Rankin St

	Mon	Tue	Wed	Thu	Fri
7:00	Combo Circuit				
8:00				LIFT & SIT	Combo Circuit
8:15		Cancer Survivors			
9:00				Individual Program	
9:45	Body Revive				
10:00			Individual Program		
10:30				Strong Bones	
11:30	Individual Program				Individual Program
4:30				Foundation Pilates	

### Ochre

	Mon	Tue	Wed	Thu	Fri
8:00	Men's Pilates				
10:00		Strong Bones			
11:30			Individual Program		
12:30				Metabolic Program	Pilates Level 1-2
1:00		Metabolic Program	Foundation Pilates		
4:00		Foundation Pilates			

#### METABOLIC PROGRAM

This class is designed for individuals with Diabetes, however you do not have to have this condition to attend. A combination of both resistance training and cardiovascular exercise for improved blood glucose levels and lean muscle mass..

#### BODY REVIVE

Designed for menopausal and post menopausal women. This class is to assist with improving your strength, bone density and assistance with weight control and other impacts from hormonal changes.

#### CANCER SURVIVORS

Designed with a focus to assist improvements and prevent reductions in bone density and increasing energy to assist with daily fatigue. This class includes strength training, impact activities and cardiovascular training. It can be completed through any stage of treatment or post treatment.

#### STRONG BONES

Specifically designed for those with Osteoporosis and Osteopenia, and at risk of falls. Also for anyone wanting to reduce their risk of these conditions. Strength training is the predominant focus of this class with moderate impact activities to assist with bone remodelling plus balance training.

#### INDIVIDUAL PROGRAM

A supervised group training session where you complete your own personalised program. A great option to increase your own motivation and train in a safe and supervised environment, with the bonus of chat while you are here.

#### LIFT & SIT

Gain strength, lean muscle and a healthier metabolism together. We keep the resistance training simple and build your capacity over time. On completion, follow up with sprint intervals (not running but intense cardio) for improving fitness, heart health and blood sugar control.

#### COMBO CIRCUIT

Varied each month the combo circuit is our class where you can challenge your current level of fitness and strength. This provides the ability to work at your own intensity and increase or decrease as required. It includes both strength and cardiovascular training.

#### PILATES:

##### Foundation/Level 1-2/Men's

Pilates Matwork is focused on lengthening and strengthening your core muscles including your pelvic floor. It improves balance, coordination and circulation and is customisable for everyone ranging from rehabilitation to athlete.

- All classes are 45 minutes
- Please call and chat to us prior to attending a class
- Please bring a towel and drink bottle to your class.