

MON	TUES	WEDS	THURS	FRI	SAT	SUN
BOOTCAMP 6 - 6.45AM		BOOTCAMP 6 - 6.45AM		BOOTCAMP 6 - 6.45AM		
	ACTIVE AGING 11.00 - 11.30AM	CHAIR YOGA 11.00 - 11.45AM		ACTIVE AGING 11.00 - 11.30AM	STUDIO CIRCUIT 9.30 - 10.15AM	
	ACTIVE AGING 11.45 - 12.15PM			ACTIVE AGING 11.45 - 12.15PM		
	ACTIVE AGING 12.30 - 1PM			ACTIVE AGING 12.30 - 1PM		
	RUN CLUB 6.00 - 7.00PM	YOGA 6.30 - 7.30PM	BOX-FIT 6.30 - 7.15PM			
STUDIO CIRCUIT 7.00 - 8.00PM						

- Gold Membership includes all Studio Circuits and Group Fitness Classes;
- Standard Membership includes Studio Circuits only (Mon evening and Sat morning Circuits + Active Aging Classes).
- Standard Members can attend Group Fitness Classes by joining for a Term or purchasing a Concession Card.

CLASS DESCRIPTIONS

Bootcamp (Group Fitness Class) involves combinations of cardio, body weight exercises, kettlebells, speed, agility, and boxing. Sessions keep you challenged and motivated. Sign up for 2 or 3 sessions a week. Open to Members and Non-Members.

Active Aging (Studio Circuit) is a circuit with exercises primarily focused on balance, strength, and movement to help with every-day activities. The circuit is supervised and suitable for all levels of fitness age 55+. All Members Free. Open to Non-Members as casual/Concession Card.

Circuit (Studio Circuit) alternates bursts of cardio and strength exercises with short periods of rest. Strength work includes a mixture of body weight and equipment based exercises. No circuit is the same. Members ONLY (All Members -Free). Intensities - Mon night 9/10; Sat morning 7/10.

Yoga (Group Fitness Class) is a Hatha style practice concentrating on physical health and mental well-being, with a goal of bringing about a sound, healthy body and a clear, peaceful mind. Open to Members and Non-Members.

Chair Yoga (Group Fitness Class) is a class entirely centred on a chair. It's accessible for any age or body type. Benefits include: improving functional mobility; flexibility, and strength; better posture and balance; yogic tools to support pain management through breath work. Open to Members and Non-Members

Box-Fit (Group Fitness Class) is interval non-contact fitness class that combines boxing with cardio & body weight exercises to increase overall strength and fitness. Open to Members and Non-Members.

Run Club is a FREE community led initiative which the Studio supports and encourages. Leaves every Tuesday evening from outside the Studio. Search Silverstream Run Club on Facebook for more information.