



POSTURE POSITIVE

MOVEMENT METHOD

Weekly Timetable



DAY	TIME	CLASS	FOCUS	INSTRUCTOR	DURATION
MONDAY 	9:30am	Posture Positive Movement	Posture & alignment, mobility and mindful movement	Dani	 40 mins
	10:10am	Seated Movement	Seated strength, mobility and circulation	Dani	 35 mins
	2:00pm	Pilates	Core strength, flexibility and body control	Ann Marie	 40 mins
TUESDAY 	7:00am	Dani – The Morning Movement	Feel-good movement to start your day	Dani	 20 mins
	9:30am	Low Impact Move and Tone	Low impact strength and tone for a stronger you	Jacquie	 30 mins
	10:00am	Posture Positive Movement	Posture, alignment and whole body strength	Jacquie	 30 mins
	6:00pm	Zumba	Fun, energetic dance fitness	Nikki	 30 mins
	6:30pm	LBT	Legs, Bums & Tums strength workout	Nikki	 30 mins
WEDNESDAY 	7:00am	Zumba	Fun, energetic dance fitness	Nikki	 30 mins
	9:30am	Low Impact Move and Tone	Low impact strength and tone for a stronger you	Jacquie	 30 mins
	10:00am	Seated Movement	Seated strength, mobility and posture	Jacquie	 30 mins
	1:00pm	Pilates	Core strength, flexibility and body control	Ann Marie	 40 mins
THURSDAY 	7:00am	Dani – The Morning Movement	Feel-good movement to start your day	Dani	 20 mins
	9:30am	Restore Reset Relax	Calming movement, stretching and mindful relaxation	Dani	 40 mins
FRIDAY 	6:45am	Zumba	Fun, energetic dance fitness	Nikki	 30 mins
	9:15am	Fitness Pilates	Strength, core and flexibility	Nikki	 40 mins
	9:30am	Low Impact Move and Tone	Low impact strength and tone for a stronger you	Dani	 30 mins
	10:10am	Seated Movement	Seated strength, mobility and posture	Dani	 30 mins
	2:00pm	Pilates	Core strength, flexibility and body control	Ann Marie	 40 mins
SATURDAY 	9:30am	The Morning Movement	Feel-good movement to start your day with intention	Dani	 30 mins



Improves heart health



Reduces aches & pains



Builds strength



Improves balance



Increases flexibility



Supports healthy posture



Boosts confidence



Improves sleep



Supports overall wellbeing

GENTLE, EFFECTIVE MOVEMENT FOR EVERY BODY - especially women 40+ 

NO TWO SATURDAYS ARE THE SAME!

Something different every week. 

