

WEEKLY FITNESS TIMETABLE

as at 1 March 2020

Monday	Tuesday	Wednesday	Thursday
Pilates – Beginner / Intermediate 9.30 am – 10.30am Pilates Studio		Greydis Latin Fitness & Body Sculpt 9.45 am – 10.45 am Rec Hall	Walking with Sandra 10.30am – 11.30am QE Outside
	Pilates – Beginner / Intermediate 10.15am – 11.15am Pilates Studio	Greydis Senior Dance 10.45 am – 11.45 am Rec Hall	Pilates - Beginner / Intermediate 10.45am – 11.45am Pilates Studio
Community Exercise Pool 1.00 – 2.00 pm Physio Pool	Community Exercise Pool 1.00 – 2.00 pm and 2.30 – 3.30 pm Physio Pool		Community Exercise Pool 1.00 – 2.00 pm Physio Pool
	Greydis Little Groovers (3-4 years) Dance 3.30pm – 4.00pm Rec Hall		
	Greydis Ballet & Contemporary Children's (5-6 years) Dance 4.00pm – 4.30pm Rec Hall		
Hydrotherapy Fitness Class 4.30 – 7.00 pm	Greydis Lyrical Children's (7-11 years) Dance 4.30pm – 5.30pm Rec Hall		Pilates - Advanced 5.15pm – 6.15pm Pilates Studio
Hydrotherapy Fitness Class 6.00 – 7.00 pm Physio Pool (max. 8 people) 10 week block course	Greydis Premium Latin Fitness & Body Sculpt 6.00pm – 7.00pm Rec Hall	Greydis Salsa - Intermediate 6.00pm – 7.00pm Rec Hall	
		Greydis Salsa - Beginners & Improvers 7.00pm – 8.00pm Rec Hall	
		Greydis Salsa - Dance Practice 8.00pm – 9.00pm Rec Hall	

FEES

QE PILATES		\$15/Casual	\$125/10 Classes
QE WALKING WITH SANDRA		\$5.00/Class	\$45.00/10 Classes
QE COMM. EXERCISE POOL		\$6.50/Class	\$49.00/10 Classes
QE HYDROTHERAPY FITNESS CLASS (10 week block session)			\$125/10 Classes
GREYDIS DANCE CLASSES for ADULTS	GREYDIS DANCE CLASSES for CHILDREN	Client to contact Greydis for bookings, prices, dates and details – go to: W: www.greydisdance.co.nz E: greydisdance@gmail.com T: 021 0627123	

Refer to website for full class details – www.qehealth.co.nz/gym-and-fitness