



WHAT'S ON WHEN

MONDAY

6 AM - STRENGTH

6:15 PM - CARDIO & CORE

TUESDAY

6 AM - LOWER BODY & CORE

7:15 AM - SeniorFIT

6:15 PM - MobilityFIT

WEDNESDAY

6 AM - HEART RATE

6:15 PM - STRENGTH

THURSDAY

6 AM - UPPER BODY & CORE

7:15 AM - SeniorFIT

6:15 PM - YOGA

FRIDAY

6 AM - FIT

5:30 PM - Animal Flow
(intermediate)

SATURDAY

7 AM - HYBRID

8:15 AM - Animal Flow
(beginners)

Strength - mix of free weights, barbells and body weight scaled to suit

Cardio & Core - challenging mix of intense, dynamic core-stabilizing exercises and cardiovascular endurance to get the blood flowing and heart rate elevated

Heart Rate - tabata, HIIT or peak 8 format - max effort & rest periods timed

MobilityFIT - specialised stretches, exercises & movement patterns for spine, shoulders, wrists, hips, knees, and ankles (training course - 5 weeks)

Lower Body & Core - push, pull, squat, bend, twist & balance with minimal equipment

Fit - strength, resistance & functional movement full body workout

Upper Body & Core - challenge your entire upper body plus build core endurance - body weight/equipment

Hybrid - any combination of the above

Salisbury's only Not for Profit Community Fitness Space !!