

All classes run  
by university  
qualified health  
professionals!

# WELL OVER 40

## Active Ageing Studio

Effective Feb 2020

SGC: Small Group Class  
MGC: Medium Group Class  
LGC: Large Group Class

Fizzio for Life, 1/22 Loganlea Road, Waterford West P: 38053223

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-9.50am	SGC So strong I'm dangerous	ACTIVE AGEING Circuit	SGC Empower Hour	SGC So strong I'm dangerous	SGC Empower Hour
10-10.50AM	SGC Empower hour (Osteoporosis)	SGC A Fish called Wanda LGC Moving Better	SGC So strong I'm dangerous	LCG Start Moving Well	LGC Moving Better
11-11.50 AM					
12-12.50 PM					
1-1.50pm					<b>SATURDAY</b>
5-5.50pm		4:30pm Supervised studio time *bookings essential	MGC Pilates	4:30pm Supervised studio time *bookings essential	8am Functional Fit 9am MGC Pilates
6.15-7pm	MGC 6.15-7pm Functional Fit		MGC 6.15-7pm Functional Fit	SGC So strong I'm dangerous	