



BrainFit
Exercise for body and mind

BRAINFIT GYM CLASS

SCHEDULE JUNE/JULY 2023

Monday

No Classes

Tuesday

Advanced Gym 4.30 pm

Orientation Course 5.30pm

Wednesday

Advanced Gym 10.00am

Advanced Gym 12.00pm

Advanced Gym 4.00pm

Advanced Gym 5.00 pm

Thursday

Falls Prevention 2.00pm

Advanced Gym 4.30 pm

Orientation Class 5.30pm

Friday

Advanced Gym 8.00 am

Falls Prevention 11.00 am

Saturday

SUP and Kayak

Paddling Private Bookings

Bookings Essential 6 people per class

Initial Assessment or Attendance to 4 Week Orientation Course

Medical Clearance from GP may be required prior to attending classes

Participants will require new medical clearance if they have been recently hospitalised.

Please obtain a new medical clearance if you have been hospitalised