

May 2019- New Winter Timetable

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5.45am- BarreA-Leanne 9.00am- Strength60 10.00am- Express 5.00pm- DM 6.00pm- FF <i>6.00pm- DM- Cooroy</i>	2 5.45am-IDM 9.00am-DM 4.00pm-DM 5.00pm- S45 6.00pm- S <i>6.00pm- IDM Cooroy</i>	3 5.45am-FF 9.00am-DM 10.00- S30 5.30pm-DM	4 7.15am-S30 8.00am -DM
5 8.30am-DM 4.30pm-FF	6 Labour Day Dance Parties 9.00am- DM 5.00pm-DM <i>6.00pm- S60- Cooroy-Mel</i>	7 5.45am-DM 9.00am-DM <i>3.30 Junior Jazzercise</i> 5.15pm S30 6.00pm-F	8 5.45am BarreA-Leanne 9.00am- Strength60 10.00am- Express 5.00pm- IDM 6.00pm- S60 <i>6.00pm- DM- Cooroy-No Class</i>	9 5.45am-DM 9.00am-F 4.00pm-DM 5.00pm- S45 6.00pm- IDM <i>6.00pm- IDM Cooroy-No Class</i>	10 5.45am- IF 9.00am-IDM 10.00- S30 5.00pm-BarreA-Leanne 5.30pm-IDM	11 7.15am-S30 8.00am -IDM
12 Mothers Day 8.30am-IDM 4.30pm-S	13 5.45am-DM 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-F 6.00pm- IDM <i>6.00pm- S60- Cooroy</i>	14 5.45am-IDM 9.00am-DM <i>3.30 Junior Jazzercise</i> 5.15pm S30 6.00pm-IDM	15 5.45am- BarreA-Leanne 9.00am- Strength60 10.00am- Express 5.00pm- S 6.00pm- FF <i>6.00pm- DM- Cooroy</i>	16 5.45am-IDM 9.00am-DM 4.00pm-DM 5.00pm- S45 6.00pm- IF <i>6.00pm- IDM Cooroy-No Class</i>	17 5.45am-FF 9.00am-DM 10.00- S30 5.00pm-BarreA-Leanne 5.30pm-DM	18 7.15am-S30 8.00am -F
19 8.30am-IF 4.30pm-DM	20 5.45am-IDM 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- IF <i>6.00pm- S60- Cooroy</i>	21 5.45am-DM 9.00am-DM <i>3.30 Junior Jazzercise</i> 5.15pm S30 6.00pm-IF	22 5.45am- BarreA-Leanne 9.00am- Strength60 10.00am-Express 5.00pm- IDM 6.00pm- FF <i>6.00pm- DM- Cooroy</i>	23 5.45am-IF 9.00am-DM 4.00pm-F 5.00pm- S45 6.00pm- DM <i>6.00pm- IDM Cooroy</i>	24 5.45am-FF 9.00am-DM 10.00- S30 5.00pm-BarreA-Leanne 5.30pm-F	25 7.15am-S30 8.00am -S
26 8.30am-DM 4.30pm-FF	27 5.45am-F 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-S 6.00pm- IDM <i>6.00pm- S60- Cooroy</i>	28 5.45am-IDM 9.00am-DM <i>3.30 Junior Jazzercise</i> 5.15pm S30 6.00pm-DM	29 5.45am- BarreA-Leanne 9.00am- Strength60 10.00am- Express 5.00pm- DM 6.00pm- S60 <i>6.00pm- DM- Cooroy</i>	30 5.45am-DM 9.00am-DM 4.00pm-DM 5.00pm- S45 6.00pm- S <i>6.00pm- IDM Cooroy</i>	31 5.45am-IF 9.00am-DM 10.00- S30 5.00pm-BarreA-Leanne 5.30pm-IDM	<u><i>Class Formats</i></u> <i>DM-Dance Mixx</i> <i>IDM-Interval Dance Mixx</i> <i>IF-Interval Fusion</i> <i>S- Strike</i> <i>F- Fusion</i> <i>FF- Flip Fusion</i> <i>S30, S45 or S60, Strength classes</i> <i>E-Express- 30 mins</i>

All you need is 30 mins of exercise each day!

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days. Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

Benefits of regular physical activity: If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower risk of developing osteoporosis
- lower your risk of falls
- recover better from periods of hospitalisation or bed rest
- feel better – with more energy, a better mood, feel more relaxed and sleep better.

Physical activity guidelines:

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least two days each week.