



The Shed Community Fitness Inc.

WHAT'S ON WHEN

MONDAY

6 AM - STRENGTH (D)

6:15 PM - CARDIO & CORE (L)

TUESDAY

6 AM - LOWER BODY & CORE (W)

7:15 AM & 8:15 AM - SeniorFIT (L)

4 PM TeenFIT (K)

6:15 PM - MobilityFIT (L/R)

WEDNESDAY

6 AM - HEART RATE (L)

5 PM - STRENGTH (K/D)

6:15 PM - STRENGTH (K/D)

THURSDAY

6 AM - HYBRID (M)

7:15 AM - SeniorFIT (L)

8:15 AM - SeniorFIT (Strength) (L)

6:15 PM - YOGA (W)

FRIDAY

6 AM - FIT (L)

4 PM TeenFIT (K)

SATURDAY

7 AM - HYBRID (D)

(6:30 AM from November to April)

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

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

Fit - strength, resistance & functional movement full body workout

Hybrid - any combination of the above

Trainer - D - Darren, K - Kate, L - Lynda, M - Miller, R - Radek, W - Wendy, K - Kevin

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