



The Shed Community Fitness Inc.

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 - BODY WEIGHT

7:15 AM - SeniorFIT

6:15 PM - YOGA

FRIDAY

6 AM - FIT

SATURDAY

6:30 AM - HYBRID

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

Body Weight - challenge your entire upper body plus build core endurance - body weight/minimal equipment

Hybrid - any combination of the above

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