

HEALTH & WELLBEING



**Respect, love and value
yourself**



**Caulfield South
Community House**

450 - 452 Kooyong Road, Caulfield South, VIC, 3162
9596 8643 admin@csch.org.au www.csch.org.au
Monday - Friday 9am - 4pm

BARRE BODY CLASSES

Monday 6pm - 6.45pm (all levels of fitness)

Blending the poise of Pilates with the flowing sequencing of yoga, makes this class a pretty powerful form of exercise. **\$8 per class.**

CHAIR YOGA

Thursday 10.00 – 10.45am

Asana (practice of yoga poses), pranayama (the breath). Allows yoga to be accessible to those with limited mobility and balance. Reduce stress and improve mental clarity. **\$10 per class.**

HATHA YOGA

Tuesday 7pm - 8pm & Saturday 9am - 10am

Classes incorporating the traditional aspects of Hatha yoga - postures, breath, mindfulness & listening to the body while flowing & moving with the breath to strengthen the body, calm the mind & open the heart. Appropriate for all ages. **\$14 per class.**

JAZZERCISE

Wednesday 2.30 - 3.30pm

Jazzercise is the original dance & exercise workout. Blending dance with Pilates, cardio, barre, strength & toning training. **\$8 per class.**

PILATES

Tuesday 10am -11am (low impact - chair work for balance)

Wednesday 1.30-2.30pm (traditional Pilates - medium impact)

Low impact classes including light hand weights, designed to strengthen, tone and stretch the entire body. Join us as you will be guided through to improve your fitness, enjoy easy flow moves to a motivating music mix. **\$8 per class.**

MENS ONLY EXERCISE

Tuesday 11am - 12noon

A combination exercise program just for men! Incorporating low level cardio, weights, resistance bands and also our new barre exercise program for core and leg strength. **\$8 per class.**

WALKING GROUPS

Tuesdays 10am - 11am (medium to fast pace)

Feel like getting to know your local community better? Discover and tour local attractions by foot! Why not join the group where you can meet new friends, enjoy the fresh air and increase your level of fitness. **\$20 annual fee.** Community House members.