

PINKATHON

Classes

MON 21 OCT 4:30PM - 7:30PM

WED 23 OCT 8AM - 11AM

HOW DO THEY WORK?

3hrs of mini-classes (approx. 20min each) running in both studios. Choose the styles you want to attend or take on the full 3hr challenge!

CAN I COME & GO?

Yes, we just ask that you warm-up beforehand.

WHAT SHOULD I WEAR?

Wear as much pink as you can muster.

DONATION ENTRY

\$5 - donated to the National Breast Cancer Foundation.

HOW TO BOOK

Pay via our app shop & then book your class, or see us at reception. A booking indicates you'll be here, regardless of the time or duration you intend to come along.

CLASS SCHEDULE

Check out the following pages for class programs

WILL THE USUAL CLASSES BE ON?

PINKATHONS will affect our regular timetable, so please check in advance for changes.

**CLASS PROGRAMS ON
FOLLOWING PAGES**

**JOIN US HERE FOR OUR
PINK MORNING TEA
WED 23 OCT 9:30AM - 12PM**

Gold coin donation

If you're keen to contribute treats for the morning tea, please let us know at reception by Mon 21 Oct



HealthMates
Fitness Centre

PINKATHON

MON 21 OCT

4:30PM - 7:30PM

Class

\$5 ENTRY FEE
DONATED TO
NATIONAL BREAST
CANCER
FOUNDATION

STUDIO 1

4.30pm - Warm-up

Jeanelle & Chrissy

4.40pm - Zumba

Jeanelle

5pm - Move 2 Music

Nadine

5.30pm - Load Up

Chrissy

6pm - HIIT

Anita

6.30pm - Tone Up

Prerna

7pm - Step & Cooldown

Carissa

STUDIO 2

4.40pm - Core

Chrissy

5pm - Pilates

Anita

5.30pm - Cycle

Andre

6pm - Booty Burn

Carissa

6.30pm - Tabata Cycle

Carissa



PINKATHON

WED 23 OCT

8AM - 11AM

Class

\$5 ENTRY FEE
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NATIONAL
BREAST CANCER
FOUNDATION

STUDIO 1

8am - Warm-up
Chrissy

8:10am - A050s
Lisa

8:30am - Tone Up
Chrissy

9am HIIT
Lisa

9:30am - Move 2 Music
Nadine

10am - Strong Set
Gemma

10:30am - Lite n Lo & Cooldown
Carissa

STUDIO 2

8:10am - Core
Chrissy

8:30am - Cycle
Lisa

9am - Pilates
Noemi

9:30am - Booty Burn
Noemi

10am - Zumba
Nadine

