



Class Schedule

Boot Camp Classes

Boot camp classes to build cardio endurance, increase strength and promote weight-loss. No matter your fitness level, everyone is welcome to join this "boot camp style" group training in an outdoor/indoor environment.

Monday <i>Morning</i> 06h00 (60mins)	Tuesday <i>Evening</i> 18h00 (60mins)	Wednesday <i>Morning</i> 06h00 (60mins)	Thursday <i>Evening</i> 18h00 (60mins)	Friday <i>Morning</i> 06h00 (60mins)
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Venue & Cost:

Meadowridge Scout Hall, Schoolside Road (off Kendal Road)

Your first class is free! Different monthly packages available, from R250 per month.

Sporty Forty+ Body Conditioning Classes

Wednesday <i>Morning</i> 07h30 (60mins)	Friday <i>Morning</i> 07h30 (60mins)
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Want to enjoy a ladies group class in a "non-gym" environment with a personal touch, but not so keen on the high-impact exercises favoured by a boot camp session? Aimed women over forty (and up until 95!), this small class (6 ladies max) will provide a fun, comfortable environment for ladies to exercise with personal attention not found in gym-classes, but without the cost of personal training fees! Enjoy low-impact exercises, designed to get your heart rate pumping and your muscles working, but without the scary push-ups! Think resistance band training, dumb-bell aerobics, yoga, pilates and core work!

Venue & Cost:

Meadowridge Park n Shop Studio, Howard Drive

Your first class is free! Different monthly packages available, from R300 per month.

To register or for more information, please email Claire on info@fullcirclewellness.co.za