PCYC PORT MACQUARIE

THRIVE Over 55 Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM					**Strength Circuit 55** *Functional Room* **DEB**	
8:00AM	MP **Healthy Aging 55** *Multi-Purpose Room* ***DEB***	**Healthy Aging 55** *Functional Room* ***JESSE***	MP **Healthy Aging 55** *Multi-Purpose Room* ***JESSE***	**Healthy Aging 55** *Functional Room* ***JAMIE***	**Strength Circuit 55** *Functional Room* **DEB**	
8:45AM		**Healthy Aging 55** *Functional Room* ***JESSE***		**Healthy Aging 55** *Functional Room* ***JAMIE***		
9:30AM	**Strength Circuit 55** *Functional Room* ***DEB***	**Healthy Aging 55** *Functional Room* ***JESSE***	**Strength Circuit 55** *Functional Room* ***JESSE***	**Healthy Aging 55** *Functional Room* ***JAMIE***	MP **Healthy Aging 55** *Multi-Purpose Room* ***DEB***	**Healthy Aging 55** *Functional Room* ***DEB***
10:15PM						**Healthy Aging 55** *Functional Room* ***DEB***
			Restore 55 *Functional Room* ***JAMIE***			
12:30PM	**Restore 55** *Functional Room* ***JAMIE***	**Strength Circuit 55** *Functional Room* ***JAMIE***			**Restore 55** *Functional Room* **DEB**	
3:00PM		MP **Healthy Aging 55** *Multi-Purpose Room* ***DEB***		MP **Healthy Aging 55** *Multi-Purpose Room* ***DEB***		

(Updated 1/10/26) *THRIVE 55+ classes included in standard >55s membership & must be booked through Opensports app!

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***Restore 55 (Easy)** Fitness is for every age and every ability. Join us for a guided circuit that prioritizes safety and proper form over intensity. This class is ideal for beginners and those requiring injury-conscious exercises. Come for the mobility, stay for the community, and leave feeling stronger and more capable in your daily life. Classes programmed by our accredited Exercise Scientist (AES). All Ages 55+ (30min) Booking Required.

***Healthy Aging 55 (Easy / Medium, (Must be able to stand from the ground non assisted)**
Resistance and cardiovascular, balance and mobility classes for seniors or those looking to improve their quality of life. Classes programmed by our accredited Exercise Scientist (AES). All ages 55+ (45min) Booking Required.

***Strength Circuit 55 (Medium / Hard)** Circuit Training focuses on continuous movement and muscle engagement, making it effective for those seeking a well-rounded workout. Our circuit training workouts are performed at a medium intensity during the work periods and include little to no rest between bouts of work using upper body, lower body, compound exercises & cardio for an all over body workout building strength and fitness. This class can be scaled for all fitness levels. Classes programmed by our accredited Exercise Scientist (AES). All Ages 55+ (60min) Booking Required.

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