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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **PILATES**  ACTIVATE  5:00pm  Patricia | **PILATES**  CONTROL  0800 am  Patricia | **PILATES**  ACTIVATE  6:30am  Patricia | **PILATES**  LAUNCH  5:00pm  Patricia | **PILATES**  ACTIVATE  0700 am  Patricia |  |
| **PILATES**  ACTIVATE  6:00pm  Patricia | **PILATES**  ACTIVATE  9:00am  Patricia | **PILATES**  CONTROL  7:30am  Patricia |  | **PILATES**  CONTROL  0800 am  Patricia |  |
|  | **PILATES**  LAUNCH  10:00am  Patricia | **PILATES**  CONTROL  9:00am  Patricia |  | **PILATES**  CONTROL  09:00am  Patricia |  |
|  |  | **PILATES**  ACTIVATE  10.00am  Patricia |  | **PILATES**  ACTIVATE  10:00am  Patricia |  |
|  |  | **PILATES**  CONTROL  6.00pm  Rachel |  |  |  |
|  |  | **PILATES**  ACTIVATE  7.00 pm  Rachel |  |  |  |

PILATES Reserve your spot at Keystone Health

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **DIABETES GROUP**  All levels  7:00am  Alex | **GENERAL FITNESS**  Intermediate  7:00am  Alex |  | **HYDRO (KMC Pool)**  All Levels  12:00md  Alex |  |  |
| **DIABETES GROUP**  All levels  8:00am  Alex | **REHAB**  All Levels  8:00am  Alex |  |  |  |  |
| **READY STEADY ABLE GROUP**  Falls Prevention  9:00am  Alex |  |  |  |  |  |
| **HYDRO (KMC Pool)**  All Levels  12:00md  Alex |  |  |  |  |  |

GYM & HYDRO (GYM @ SWR, Hydro @ Kempsey Hospital)

Reserve your spot at Keystone Health

Call to make an appointment - Seascape Medical Centre on 65666005