



NorthHab's Exercise Classes

Read through our checklist below to find the right fit for you!

Class	Suitability Checklist	Price	Time
Type II Diabetes Class	Do you: <ul style="list-style-type: none"> ○ Have Type II Diabetes? ○ Have a heart condition? ○ Struggle with mobility? Are you: <ul style="list-style-type: none"> ○ Overweight and struggling to lose weight? 	Free for Type II Diabetes patients - Referral from GP required	Mondays 10-11am
Circuit Class	Do you want to: <ul style="list-style-type: none"> ○ Strengthen joints? ○ Tone up muscles? ○ Improve strength? ○ Burn fat? 	\$15 If you have private health insurance, this will cover part or all of the cost	Mondays 6-7pm
Functional Fitness	Do you: <ul style="list-style-type: none"> ○ Suffer from a chronic condition? ○ Want to improve your balance and muscle strength? ○ Want to reduce your risk of injury? 		Thursdays 4-5pm
Core Strength & Stability Class	Do you: <ul style="list-style-type: none"> ○ Have back pain? ○ Have a weak bladder and pelvic floor muscles? ○ Want to tone up your core? ○ Prefer low impact exercise? Are you: <ul style="list-style-type: none"> ○ Pregnant? 		Thursdays 6-7pm
If you answered yes to any of these questions, read on for more information!			

Talk to Reception to reserve your spot today!