



MARTIAL ARTS, SELF DEFENCE FITNESS

Printed: JANUARY 2024

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00AM			9:10AM TAI CHI, SWORD, QIGONG & MEDITATION			
10:00-11:00AM	10:40AM TAI CHI, SWORD, QIGONG & MEDITATION		SCHOOL TERMS ONLY			MAT NINJAS (3-5yrs) 2 X .5 HOUR CLASSES
AFTERNOON			4.30pm Time Slots are Primary aged Classes		CORPORATE OFF SITE PROGRAMS	ALL Saturday classes run during School Terms
4:30 - 5:30PM	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, S/D FITNESS + MAT NINJAS		TAE KWON DO, SELF DEFENCE & FITNESS		
EVENING			4:30 - 5:00pm Mat Ninjas are school terms			
6:00 - 7:00PM		KOBU JUTSU JAPANESE WEAPONRY		KOBU JUTSU JAPANESE WEAPONRY	CORPORATE OFF SITE PROGRAMS	WORKSHOP PROGRAMS
6:00 - 7:00PM	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, SELF DEFENCE & FITNESS	CORPORATE OFF SITE PROGRAMS	
7:00 - 8:00PM	7.00pm ideal for those that like a solid workout	JAPANESE JU JITSU	6.00pm Time Slots are All ages / Family Classes	JAPANESE JU JITSU	CORPORATE OFF SITE PROGRAMS	
7:00 - 8:00PM	TAE KWON DO, SELF DEFENCE & FITNESS	Member's Bonus Classes, Specific Rank classes & Mid-week workshops	TAE KWON DO, SELF DEFENCE & FITNESS M/A CONDITIONING (1/2 hour class + 1/2 hour conditioning)	TKD, S/D, STRENGTH & FITNESS (PIT T-shirt & Gi pants)	Other Centres: Warragamba Leppington Moorebank Edensor Pk St Marys	
8:00 - 9:00PM				BLACK BELT ONLY		

Personal Defence Studios Pty Ltd

Head Office & Centre - The PIT

Unit 10 156 Hartley Rd, SMEATON GRANGE 2567

Www.ThePITMartialArts.com.au

P Professional | Instructional | T Teachings

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COMBAT FITNESS SERIES

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10.30AM	9:15 - 10:15AM 50+ CASUAL GYM , FTINESS & BALANCE <i>(Casual—work at your own pace)</i>	9:30-10:30AM FLEXICORE YOGA - <i>Flexibility, supple easy functional fitness</i>	9:10 - 10AM TAI CHI, SWORD , QIGONG & MEDITATION SCHOOL TERMS ONLY	SHORT COURSE WORKSHOPS & CORPORATE EVENTS	SCHOOL TERMS ONLY Other Programs offered @ The PIT <i>Check for Course Dates</i> <i>Ladies Street Smarts</i> Stepping On Falls Prevention Program Health & Active for Life Program	9 - 9:50AM BOX KICK HIIT <i>Warm up - High Intense Interval Training - Cool Down 50min Done!</i>
10:30 - 11.30AM	10:40 - 11:30AM TAI CHI, SWORD QIGONG, MEDITATION	10:30 - 11:45AM 50+ GYM Personal Program Session <hr/> 11:00 - 11:40AM 50+ BOXING, STRENGTH & FITNESS	10:00AM - 10:30AM 50+ GYM Personal Program Session <hr/> 10:30—11:30AM 50+ GROUP FITNESS GYM, BALANCE, CARDIO & LAUGHTER			1st Thurs of each month
EVENINGS						
5:30 - 6:00PM			5:30-6PM TAI CHI + MEDITATION			
6:00 - 7:00PM	TEENS GYM - Strength & Cardio (13-17yrs) SCHOOL TERMS ONLY					
7:00 - 8:00PM	BOXING - SKILLS & FITNESS	K/Box MMA SPARRING SESSION (1 & 3 Tues)	BOXING - SKILLS & FITNESS			
7:00 - 8:00PM		<i>Member's Bonus Classes</i>	LADIES ONLY SELF PROTECTION, STREET SMARTS + FITNESS			
7:30 - 8:30PM	KICKBOXING - THAI & FITNESS		KICKBOXING - THAI & FITNESS			



LONGEVITY SENIOR SERVICES 50+ CLUB

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50+ FITNESS SESSIONS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10.00AM Time slot	<p>We network with quality Physios & other Allied Health Org.</p>		<p>9:10 - 10:00am TAI CHI, SWORD, QIGONG & MEDITATION</p>	<p>SCHOOL TERMS ONLY</p>	<p>Other Programs offered @ The PIT & Local area Check for Course Dates</p> <p>6 weeks Longevity Stability, Strength & Safety Information Program</p>	
9:00 - 10.30AM Time slot	<p>9:15 - 10:15am <u>CASUAL SOCIAL</u> 50+ GYM , FTINESS & BALANCE SESSION Work at your own pace</p>	<p>9:30 - 10:30am <u>FLEXICORE- YOGA</u> Flexibility, supple functional fitness using fit balls, remedial bands - modifying as we go</p>	<p>10:00 - 10:30am <u>PERSONAL PROGRAM SESSION</u> *Personal Program done by Appointment Only.</p>	<p>COTA NEW SOUTH WALES For older Australians</p>		<p>Cuppa Catchups 1st week of each month</p>
10:30 - 11:30AM Time Slot	<p>10:40 - 11:30am <u>TAI CHI, SWORD</u> QIGONG, MEDITATION</p>	<p>10:30 - 11:45am <u>PERSONAL PROGRAM SESSION</u> *Personal Program done by Appointment Only</p> <hr/> <p>11:00 - 11:40am <u>50+ BOXING, STRENGTH & FITNESS</u></p>	<p>10:30 - 11:30am <u>50+ GROUP FITNESS</u> GYM, BALANCE CARDIO & LAUGHTER Whole Body Class</p>	<p>LIVING LONGER Living Stronger</p> <hr/> <p>5:30 - 6:00pm <u>TAI CHI, SWORD</u> QIGONG, MEDITATION</p>		<p>CORPORATE OFF SITE PROGRAMS</p>

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50+ FITNESS SESSIONS

All part of our COTA 'Living Longer, Living Stronger' Series

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Tai Chi, Meditation & Tai Chi Sword (*Actual TAI CHI - not a fitness class made up of Tai Chi moves*) **Class Cost: \$10**

Yang Style Tai Chi, Qigong for better Health Balance, Strength & Whole Body Harmony Reduce stress and develop good health internal happiness and a sense of calmness in your life through the ancient Chinese art of Tai Chi. Yang style is one of the most popular styles taught throughout the world. With its medically proven life enhancing benefits. This is something you can take with you anywhere and forever. Specially designed to transcend the participant into a relaxed state of mind through the eastern methods and techniques of relaxation and meditation breathing and visualization techniques after involving your whole core body in an invigorating strength and stretch routine which brings your mind and body together as one.

Group Fitness, Gym, Balance, Cardio & Laughter Whole Body Class (*Wednesdays*) **Class Cost: \$10**

This class is a *group circuit session* comprising alternating activities of weight-bearing exercises, cardio exercises and evolving balanced challenging exercises, targeting individual goals. This is aimed at those seniors who have been mildly active or have done/doing Tai Chi or a Stepping On style program looking for more - are keen to get fitter with personal desires of more independence, better balance & a confident functional lifestyle Eg, Gardening & Socializing. The class offers exciting variety for varying fitness levels, plus the extra educational coaching to stay safe and fit at home with ongoing support networking with other businesses supporting proactive Seniors.

Personal Program Sessions **Cost: \$10**

Personal Programs are exciting exercise programs to help older adults improve their physical strength and fitness. It is a progressive training program designed to improve strength, balance, coordination and endurance.

As well as increasing strength, other likely benefits of the

program include: Improved balance, Increased mobility, reduced risk of falls, preventing or managing arthritis, osteoporosis, diabetes and heart disease, speeding up recovery from illness, reducing lower back pain, improved ability to undertake daily living tasks, opportunities for social interaction, improvement in self-esteem and mental well-being

Initial assessment (45min) \$40
as personal program is a part of the session.

Casual Social Gym Fitness & Better Balance - Workout at your pace **Class Cost: \$10**

This class is an *individual &/or buddy PT* with a Trainer present, working on all areas of fitness that interest you. There are a set of exercises to choose from so you can co-design your workout each week. A mixture of cardio & strength exercise available. Heaps of variety, varied fitness levels, helping you to reach your goals, not ours. No need to book, just turn up as often as you like. We understand you have a busy lifestyle to balance

Other classes:

TUESDAYS 9:30 - 10:30am & FLEXICORE - YOGA

Flexibility, supple functional fitness using fit balls, remedial bands - modifying as we go

TUESDAYS 11:30 - 11:40am
50+ BOXING, STRENGTH & FITNESS

Visit the website for more details
Www.ThePITMartialArts.com.au