



MARTIAL ARTS, SELF DEFENCE FITNESS

Printed: JAN 2022

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 - 9:15AM	COVID-Safe Gym					
9:30 - 10:30AM						
10:40 - 11:30AM	TAI CHI, SWORD , QIGONG & MEDITATION					
AFTERNOON						
4:30 - 5:30PM	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, SELF DEFENCE & FITNESS	<i>4.30pm Time Slots are Primary aged Classes</i>		CORPORATE OFF SITE PROGRAMS	WORKSHOP PROGRAMS
EVENING						
6:00 - 7:00PM		KOBU JUTSU JAPANESE WEAPONRY		KOBU JUTSU JAPANESE WEAPONRY		
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	<i>6.00pm Time Slots are All ages / Family Classes</i>	
7:00 - 8:00PM		JAPANESE JU JITSU		JAPANESE JU JITSU		
7:00 - 8:00PM	TAE KWON DO ADVANCED CLASS	<i>7.00pm Time Slots is for Adult & advanced ranks</i>		TAE KWON DO ADVANCED CLASS		
8:00 - 9:00PM		RANDORI Free Practise Training Time		BLACK BELT ONLY 8:00-9:30PM		

Other Centres: Warragamba Leppington Liverpool Edensor Pk St Marys

**PDS - The PIT Providing an environment of Spirit Courage Loyalty
and Dedication to enhance ones self**

www.thePITMartialArts.com.au

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

ACN: 29 159 195 767

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COMBAT FITNESS SERIES

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10.00AM		FLEXICORE - Flexibility, supple functional fitness Easy going, modified			 <p>Other Programs offered @ The PIT Check for Course Dates <i>Ladies Street Smarts</i> Stepping On Falls Prevention Program Health & Active for Life Program</p> <p>CORPORATE OFF SITE PROGRAMS</p>	<p>We also have Personal Training in</p> <ul style="list-style-type: none"> * Self Defence * Boxing * Kickboxing * Weight Loss * Fitness Training * Cross Training * All of our Martial Arts * Ladies only Street smart Sessions * 50+ Members have access to COTA - 'Living Longer Living Stronger' <p>Company, Group or Individual sessions by Appointment</p>
9:30 - 10.30AM	50+ CASUAL GYM , FTINESS & BALANCE <i>This time slot is - Casual Work at your own pace</i>		LADIES THAI BOXING & GYM FITNESS 50+ COTA— 'Living Longer Living Stronger' <i>SCHOOL TERMS ONLY</i>			
10:30 - 11:30AM	TAI CHI, SWORD QIGONG, MEDITATION	50+ COTA— 'Living Longer Living Stronger' 10:00 - 11:00am	50+ GROUP FITNESS GYM, BALANCE, CARDIO & LAUGHTER			
EVENINGS		COVID-Safe Gym				
5:30 - 6:00PM				Member's Bonus Classes		
5:30 - 7:00PM	50+ COTA— 'Living Longer Living Stronger'					
7:00 - 8:00PM	BOXING - SKILLS & FITNESS	K/Box MMA SPARRING SESSION (1 & 3 Tues)	BOXING - SKILLS & FITNESS			
7:00 - 8:00PM		Member's Bonus Classes	LADIES THAI BOXING & GYM FITNESS			
7:30 - 8:30PM	KICKBOXING - THAI & FITNESS		KICKBOXING - THAI & FITNESS			

Personal Training, Private Coaching always available. Lets meet your Goals and Dreams

LONGEVITY SENIOR SERVICES 50+ CLUB

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50+ FITNESS SESSIONS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>We network with quality Physios & other Allied Health Org.</p>				<p>Other Programs offered @ The PIT & Local area <i>Check for Course Dates</i></p> <p>6 weeks Longevity Stability, Strength & Safety Information Program</p>	<p>Facilitators for Stepping On & Healthy & Active for Life Program</p>
<p>9:00 - 10.30AM</p> <p>Time slot</p>	<p>9:30 - 10:20am</p> <p><u>CASUAL SOCIAL</u> 50+ GYM , FTINESS & BALANCE SESSION <i>Work at your own pace</i></p>	<p>9:00 - 10:00am</p> <p><u>FLEXICORE</u> Flexibility, supple functional fitness using fit balls, remedial bands - modifying as we go</p>	<p>9:15 - 10:15am</p> <p><u>COTA</u> 50+ 'Living Longer Living Stronger' <i>*Personal Program by Appointment Only</i></p>			<p>Cuppa Catchups</p>
<p>10:30 - 11:30AM</p> <p>Time Slot</p>	<p>10:40 - 11:30am</p> <p><u>TAI CHI, SWORD</u> QIGONG, MEDITATION</p>	<p>10:00 - 11:00am</p> <p><u>COTA</u> 50+ 'Living Longer Living Stronger' <i>*Personal Program</i></p>	<p>10:30 - 11:30am</p> <p><u>50+ GROUP FITNESS</u> GYM, BALANCE CARDIO & LAUGHTER Whole Body Class</p>		<p>CORPORATE OFF SITE PROGRAMS</p>	<p>2022</p> <p>Will see more classes added as needed</p>
<p>EVENINGS</p>	<p>COVID-Safe Gym</p>					
<p>5:30 - 7:00PM</p>	<p><u>COTA</u> 50+ 'Living Longer Living Stronger' <i>*Personal Program</i></p>					

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50+ FITNESS SESSIONS

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.

COTA 'Living Longer Living Stronger' Personal Program
Class Cost: \$10

Strength for Life Program is an exciting new exercise program 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

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:

Many of our 50+ members do participate in other classes at the PIT such as Evening Boxing & Ladies Only morning Thai Boxing & fitness.

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