

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
Fathers Day Crafts + Burger Sliders			1 Swimming	2	3 Swimming	4	5
Carnival Games & Face Painting + Dagwood Dogs	6	7	8 Royal Adelaide Show	9	10 Swimming	11 McLaren Vale Getaway	12 McLaren Vale Getaway
Sports (<i>mini olympics, relays, outdoor activities</i>) + Protein Balls	13 McLaren Vale Getaway	14 Local Oval	15 Swimming	16	17 Swimming	18 Mini Golf	19
Cooking Skills (Knife safety, measuring, recipes) + Pasta	20 City to Bay	21 Supermarket Scavenger Hunt + Budgetting	22 Swimming	23	24 Swimming	25 Disco	26 T3 Life Skills Academy Finishes
Flower Vases & Pressed Flowers + Sausage Rolls	27	28	29 Swimming	30 Mt Lofty Botanic Garden			

SEPTEMBER

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4 Book Club: The Shadow of the Wind, Carlos Ruiz Zafon	5 Winery Tour
6	7	8	9	10	11	12
13	14	15	16	17	18	19 T3 Fit4Life Finishes
20 City to Bay	21	22	23	24	25	26
27 Run Club: Yurebilla Ultra	28	29	30			

SEPTEMBER



Power to Move Program Guide

Success Hub • Group Fitness • Disability & NDIS Programs • Youth



1. Success Hub



A goal-based training space with coaching, structure and support.

- Personalised program with trainer support
- Coaching, structure, accountability and progression
- Works alongside Group Fitness as a more personalised training option
- Great for beginners through to experienced members
- Ideal for anyone wanting extra support, clear direction and better results



How we get results:

coaching + structure + accountability + progression.

2. Group Fitness



Instructor-led training designed to build fitness, strength and variety.

- **Cardio Express** — A shorter cardio session to lift fitness and energy.
- **Strength Express** — A quick strength session to build movement quality.
- **Cardio** — Conditioning and endurance to build stamina.
- **Strength** — Full-body strength training to build confidence and muscle.
- **Core** — Core stability, posture and control.
- **Teacher Choice** — A rotating format chosen by the trainer.
- **Power** — Functional, athletic training focused on movement and capability.
- **Pedal X** — A bike-based session for fitness and endurance.

3. Disability & NDIS Programs



Inclusive, adaptable movement programs for all abilities.

- **Orana Movement Class** — Supported group movement for Orana participants.
- **Move Your Way** — Adaptable exercise for all abilities.
- **Strong & Steady** — Strength, posture and balance.
- **Cardio Club** — Inclusive cardio and fitness at your own pace.
- **Box & Move** — Adaptive boxing, movement and coordination.
- **Power & Play** — Fun functional movement, challenges and games.
- **Lifeskills Academy** — Practical life-skills and social development.



Who could benefit?

People living with disability, autism, ADHD, intellectual disability, low muscle tone, coordination challenges, reduced confidence in movement, or anyone who benefits from a more supported exercise environment.

4. Youth



Supportive movement classes for young people to build confidence, fitness and skills.

- **Youth Strong** — Strength and functional movement foundations.
- **Youth Move** — Fitness, coordination and movement skills.
- **Youth Power** — High-energy movement, games and confidence-building.



Designed for ages 8+.

Typical age range: 12–16 years.



4-WEEK TRAINING BLOCKS: In both Success Hub and Group Fitness, we work with our trainers in 4-week blocks so members can stay consistent, build momentum and achieve more.



All classes are designed to be welcoming, supportive and scalable to the person in front of us.