



**NOT a GYM**

# Classes - Start 21st NOV

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**Closed Public Holidays**

	MON		TUE		WED		THU		FRI	
	Mixed	Ladies Only	Mixed	Ladies Only	Mixed	Ladies Only	Mixed	Ladies Only	Mixed	Ladies Only
6	Cycle-Fit 30 w/ Nicole		No Classes gym open for use	<b>BOOTCAMP</b> Book in	Circuit w/ Jo (L1)	<b>NEW</b>	BodyTone30 w/ Jo (L1)	<b>BOOTCAMP</b> Book in	Cycle-Fit 30 w/ Nicole	
6:30	GravityFit 30 w/ Nicole			<b>NEW</b>	Box-Fit w/ Jo (L1)		T.H.T 30 w/ Jo		Cycle-Fit 30 w/ Nicole	
<b>CENTRE CLOSED FROM 7AM - 8:30AM</b>										
9	Circuit 30 w/Andrea (L1)								Circuit 30 w/Andrea (L1)	<b>NEW</b>
9:30		CardioBox 30 w/Andrea		20 Dance-Fit 20 BodyTone 20 Corelaties w/Andrea (L1)		CardioBox 30 w/Andrea		20 Step-Up 20 GymStick 20 FitBall w/ Melissa (L1)		AeroCombo w/Andrea 30 (L1)
10	Box-Fit 30 w/Andrea					Fit-Ball 30 w/Andrea (L1)				Yoga-Lates w/Andrea 30 (L1)
10:30					Gravity-Fit30 w/Andrea (L1)					
11:30 to 3:30	<b>CENTRE CLOSED FROM 11:30AM - 3:30PM</b>									
3:30 4										
4:30	Family-Fit 30 8yrs+ (L1)					Family-Fit 30 8yrs+ (L1)				
5										
5:15		BodyTone30 w/ Mel (L1)		<b>NEW</b>	GymStick & FitBall Core Combo (L1)					
5:30			BoxCircuit w/Andrea 45		Core-lates 30 w/Andrea (L1)			AeroCombo w/Andrea 30		
5:45	Cycle & Gravity-Fit w/ Andrea 45	ZUMBA 30 w/ Mel (L1)				Cardio BOX w/Andrea 30	<b>NEW</b>	Spin&Gravity Beginner 30 Mel		<b>Closed 6pm</b>
6:15		Box-Fit 30 w/Jc	<b>NEW</b>	Cycle-Fit w/Nicole 30	AeroCombo w/Andrea 30	Core-lates 30 w/Andrea (L1)		Weight Loss Club w/Andrea 30min Circuit 30min Meeting		
6:30	<b>BOOTCAMP</b> Book in	T.H.T 30 w/Jo	<b>NEW</b>	GravityFit 30 w/Nicole	BodyTone w/Jo 30		<b>BOOTCAMP</b> Book in			
6:45								BoxCircuit 45 w/ Mel		Join anytime for min 8wk, just \$13 p/session
7										

	SAT 8.30am to 12pm	
8:30	Yoga-laties w/Andrea 60 (L1)	<b>BOOTCAMP</b> w/Janet Book in
9:30	20 Cycle 20 Box-Fit 20 Gravity-Fit w/Andrea	ZUMBA - 1 w/ Romona
10		ZUMBA - 2 w/ Romona
10:30		
11		

SUN 10:30am to 12pm
See Club Timetable for 2hr SUNDAY SUPER SESSIONS

- \$17 Casual Visits or \*\$17 p/wk unlimited access
- Casual Blocks = \$145 for 10 visits
- Family-Fit classes; Kids just \$8 and Parents just \$12
- Discount for Kids & Seniors
- Family Memberships available \* not all classes are suitable for children under 14.

**Classes Codes & Conditions**

- GREY Column - Ladies ONLY
- WHITE Column - mixed
- (L1) - Level 1 Classes are suitable for beginners new to exercise as resistance &/or pace can be adjusted to suit your fitness level.

**1 Week FREE PASS**

*Valued at \$57*

Cut out this pass for a FREE go to try us out. NO CATCH. NO COST.

Call 9776 9940 and book a time for a session with one of our skilled Personal Trainers for a FREE Health Consultation & Training Plan

Only 1 per new customer. Must have an initial Assessment to validate pass.

