

# GROUP FITNESS TIMETABLE

Effective from Monday 8<sup>th</sup> August 2016

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.40am		S.A.S. Social Active Seniors Jennie			S.A.S. Social Active Seniors Jennie	
9.30am	POWER BOX Simon	PILATES Jennie	S.R.T. Amie	METAFIT + ABT Kay	CARDIOPUMP Jennie	TOTAL BODYFIT Lisa
10.30am	S.R.T. Simon	METAFIT + ABT Kay		YOGA Carolyn	PILATES Jennie	
5.30pm			CARDIOPUMP Jennie			
6.00pm		PILATES Jennie		POWER BOX Bek		
6.30pm	S.R.T. Amie		TOTAL BODYFIT Bec			
7.00pm		METAFIT + Bek				
7.30pm	TRIPLE T Danka					

## Entry Fees

<u>PER CLASS</u>
CASUAL
30 MIN. CLASS
S.A.S.
10 CLASS PASS PACK
10 CLASS S.A.S. PASS PACK

<u>STANDARD</u>
\$15
\$11
\$8
\$99
\$70

<u>CONCESSION</u>
\$13
\$9
N/A
\$85
N/A

## FITNESS MEMBERSHIPS

1 MONTH
3 MONTH
6 MONTH
12 MONTH

## STANDARD

\$99
\$225
\$379
\$529

## CONCESSION

\$89
\$195
\$329
\$459

Concession discounts available to all Senior Citizens, full time students and health care cardholders. (Identification card required).



**CRECHE IS AVAILABLE FOR ALL WEEKDAY MORNING CLASSES – AGE 8 WEEKS TO 5 YEARS**

**First child \$4 per hour or 10 visit pass \$36**  
**Additional child \$3 per hour or 10 visit pass \$27**  
**30 minutes \$2**

**Bookings essential. Call 9408 1920, weekday mornings only**

# CLASS DESCRIPTIONS

<b>METAFIT + METAFIT + ABT</b>	<b>Metafit</b> is a style of High Intensity Interval Training and is designed to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible. Combining Metafit with Abs, Butt and Thighs will take your workout to a whole new level! Suitable for intermediate levels upwards.
<b>TOTAL BODYFIT</b>	Do you get bored easily? Then Total Bodyfit is for you! Using a wide range of equipment including weights, skipping ropes, boxing gear, fit balls and more, you will get a complete body workout that is different every time. Suitable for most fitness levels.
<b>S.A.S. SOCIAL ACTIVE SENIORS</b>	S.A.S. Social Active Seniors is a fun fitness session aimed at the mature adult 50+. The class includes cardio and strength training along with functional training for a balanced workout. A medical referral from a GP may be required to participate.
<b>PILATES</b>	Based on the principles of Joseph Pilates, this classical Pilates class works on core strength, posture, stability and flexibility. Pilates offers a complete approach to developing body awareness and improving quality of movement. Suitable for all fitness levels.
<b>POWER BOX</b>	Working in pairs using Focus gloves and pads, this class will burn through the calories, improve your co-ordination and develop your upper body and core strength. No boxing experience needed, suitable for all fitness levels.
<b>S.R.T.</b>	A strength training and conditioning class using bar weights, plates, dumbbells, kettle bells, medicine balls and bodyweight for a total body approach. High reps and low to mid weights will challenge, strengthen and change your body shape. Suitable for all fitness levels.
<b>CARDIOPUMP</b>	Cardiopump combines cardio fitness training with Pump style strength work, using bars and weight plates. A fun and fantastic total body workout suitable for all fitness levels.
<b>TRIPLE T</b>	Be prepared to show your lower body some love in this choreographed class focusing on the tummy, tush and thighs. Triple T will help tone up your problem areas. Triple T – Trim, Taut and Terrific! Suitable for all fitness levels.
<b>YOGA</b>	Feel a sense of wellbeing by exploring the mind/body relationship through low impact moves, yoga postures and breathing techniques. You will leave feeling strong, centred and calm. It's your personal time out from the stress and strains of daily life. Suitable for all fitness levels.

## GENERAL INFORMATION

- Please arrive at least 10 mins prior to class with a towel and water
- If renewing or signing up for a membership, please arrive 30 mins prior to class. First time customers must complete a pre-exercise screening form, available at reception
  - Purchase your class pass from reception and give to your class instructor
    - All classes are 55 mins in duration unless otherwise stated
- Instructors are available prior to and immediately after class to answer any questions you may have
  - For your safety, no one will be allowed entry to a class once the warm up has commenced
    - Limit of 25 participants for all classes
    - Class timetables vary on public holidays