

### **REV SPIN**

An indoor stationary cycle workout suitable for all fitness levels. A great way to improve your cardio fitness.

### **BODY CIRCUIT**

A fun & challenging, high energy circuit beneficial for muscular endurance, agility, speed & overall fitness. Suitable for all fitness levels.

### **BOXING CIRCUIT**

An intensive combat workout using a variety of techniques including gloves, focus pads and skipping.

### **LIFESTYLE BAR**

A weight-based workout to music using adjustable barbells to improve strength and overall fitness.

### **ABS, HIPS & THIGHS**

Focusing on the postural, lower back & abdominal muscles, this workout aims to enhance functional strength & decrease lower back pain.

### **BODY BOOTCAMP**

An action packed circuit class designed to get you moving & the heart pumping. Suitable for intermediate fitness levels.

### **YOGA**

A specialised class focusing on flexibility, relaxation & breathing techniques. Please bring your own yoga mat to each session.

### **ZUMBA**

An exhilarating, calorie-burning dance fitness workout, Zumba combines Latin and International music with a fun and effective workout system.

### **COTA 60+**

Our Living Longer Living Stronger program provides strength training programs specifically designed to meet the needs of older people. For more information on COTA please ask us or visit <http://www.cotavic.org.au>



## **PERSONAL TRAINING PRICES**

You will love the results, motivation and inspiration you will gain when you start personal training with one of our fantastic trainers!

## **PERSONAL TRAINING PACKS**

1 x 30min PT session	\$69.95
5 x 30min PT sessions	\$295.00
10 x 30min PT sessions	\$449.00
20 x 30min PT sessions	\$799.00
50 x 30min PT sessions	\$1,699.00
100 x 30min PT sessions	\$3,199.00

## **GROUP FITNESS TIMETABLE**

### **Opening Hours**

Mon – Thur	6:00am – 9:30pm
Fri	6:00am – 8:00pm
Sat	8:00am – 5:00pm
Sun	9:00am – 4:00pm

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Effective from 30<sup>th</sup> January 2012

# GROUP FITNESS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am (30min)		6:00am REV SPIN	6:00am BOXING CIRCUIT	6:00am REV SPIN			
6:30am (30min)	6:30am REV SPIN			6:30am (60min) LIFESTYLE BAR			
7:00am (60min)		7:00am ZUMBA					
9:00am (60min)	9:00am SPIN CIRCUIT	9:00am BODY CIRCUIT	9:00am ABS, HIPS & THIGHS	9:00am BODY CIRCUIT	9:00am ABS, HIPS & THIGHS	9:00am BODY BOOT CAMP	
10:00am (60min)	10:00am COTA 60+		10:00am COTA 60+		10:00am COTA 60+	10:00am ZUMBA	
11:00am (60min)						11:00am YOGA	10:30am LIFESTYLE BAR
6:15pm (45min)							
6:30pm (30min)	6:15pm ABS, HIPS & THIGHS	6:30pm BOXING CIRCUIT	6:15pm BODY CIRCUIT	6:30pm REV SPIN			
7:00pm (60min)	7:00pm LIFESTYLE BAR	7:00pm YOGA	7:00pm ZUMBA	7:00pm BOXING CIRCUIT			