

BOXING CIRCUIT

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

ABS, HIPS & THIGHS

With a focus on the postural muscles, lower back and abdominals, this workout aims to enhance functional strength and decrease lower back pain.

LIFESTYLE BAR

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

BODY CIRCUIT

This high energy circuit is beneficial for muscular endurance, agility, speed and overall fitness.

A fun and challenging workout, this session is suitable for all fitness levels. It's a great way to improve your cardio fitness.

BODY BOOTCAMP

An action packed circuit class designed to get the heart pumping. Suitable for intermediate fitness levels this session is designed to get YOU moving.

REV SPIN

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

YOGA

A specialised class focused on flexibility, relaxation and breathing techniques. Feel free to bring your own yoga mat and blanket to enjoy the session.

COTA 60+

Our Living Longer Living Stronger program provides strength training programs specifically designed to meet the needs of older people. If you would like any 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

233 Glen Huntly Road

Elsternwick VIC 3185

Ph: 9532 4884

www.lifestylefitness.com.au

Effective from 28th November 2011

GROUP FITNESS TIMETABLE



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