



## Penrith Group Exercise Classes

*Family Membership Included*

*Adult Casual - \$15 per class*

*Kids Casual - \$10 per class*

*Fitness Passport Included*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>X- TRAINING</b> 5.30AM-6.30AM		<b>BOXING</b> 5.30AM-6.30AM		<b>TONE</b> 5.30AM-6.30AM	<b>X TRAINING</b> 7.30AM-8.30AM
	<b>BOXING CIRCUIT</b> 10.30AM-11.30AM		<b>BOXING CIRCUIT</b> 10.30AM-11.30AM		
<b>FIT 4 KIDZ</b> 5.15PM-6PM		<b>FIT 4 KIDZ</b> 5.15PM-6PM		<b>FIT 4 KIDZ</b> 5.15PM-6PM	
<b>CIRCUIT TRAINING</b> 6.30PM-7.30PM		<b>CIRCUIT TRAINING</b> 6.30PM-7.30PM		<b>CIRCUIT TRAINING</b> 6.30PM-7.30PM	

**NO KIDS CLASSES DURING SCHOOL HOLIDAYS.**

**\*\*PARENTS MUST REMAIN ONSITE AT ALL TIMES\*\***

**FIT4KIDZ 45min (PARTICIPANTS MUST BE PRIMARY SCHOOL AGED)** - A program for children aged in Primary School. All programs are designed on fundamental movement skills with the aim to improve your child's physical functions and skill sets within different parts of their bodies.

**CIRCUIT** - Station Style workout offering a wide variety of exercises focused on improving Strength, Cardio-Vascular, Power.

**X TRAINING** - A unique high energy class incorporating various apparatus to create a functional training focus.

**TONE** - Low impact class, total body workout with stretching.

**BOXING** - learning basics for all levels of skills & confidence.