

Prices Include full gym use and unlimited classes

- \$15** Casual class
- \$33** per month for direct debit payments
- \$50** per month for cash payments

FIT4ALL

**Our Classes are family friendly
Children 12 - 17 years attend**

FREE

MONDAY 3RD FEBRUARY – THURSDAY 9TH APRIL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30am	X-TRAINING	SPIN		CIRCUIT	TONE	
7.30am						X-TRAINING
9.30am						
10.00am						
4.00PM						
5.00pm						
6.00pm						
7.00pm						
8.00pm						

CLASS INFORMATION

NOTE: TIMETABLE SUBJECT TO CHANGE AT ANY TIME

CIRCUIT – A 1 hour class offering excellent variety, with a range of exercises in a station style workout.

SPIN – Varying speed and interval ride (hills, flats, standing and seated runs).

SPIN/BOX – A combination of spin and boxing, sure to get the heart rate up.

TONE – Tone involving core, abs and total body workout.

BOXERCISE – Great way to get fit and burn the unwanted fat at the same time.

X – TRAINING – A unique class incorporating medicine balls and core strengthening.

X-TRAINING (CARDIO) – A unique class of high intensity x-training utilising battle ropes and body weight cardio.

X-TRAINING (STRENGTH & PLYOMETRICS) – A unique class of various strength and plyometric exercises.

HIIT – High Intensity Interval Training.

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- HIIT** – High Intensity Interval Training.