



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
X- TRAINING 5.30AM-6.30AM	SPIN 5.30AM-6.30AM	BOXING 5.30AM-6.30AM	CIRCUIT 5.30AM-6.30AM	TONE 5.30AM-6.30AM	X TRAINING 7.30AM-8.30AM
	BOXING CIRCUIT 10.30AM-11.30AM		BOXING CIRCUIT 10.30AM-11.30AM		
FIT 4 KIDZ 5.15PM-6PM		FIT 4 KIDZ 5.15PM-6PM	FIT 4 KIDZ 5.15PM-6PM		
CIRCUIT TRAINING 6.30PM-7.30PM		CIRCUIT TRAINING 6.30PM-7.30PM		CIRCUIT TRAINING 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.

SPIN - Cycle on our Kieser spin bike to varying speed and intervals.

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

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