

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>CIRCUIT</b> <small>(females only)</small>	<b>INTERVAL</b> <small>(30min)</small>	<b>CIRCUIT</b> <small>(females only)</small>	<b>INTERVAL</b> <small>(30min)</small>	<b>CIRCUIT</b> <small>(females only)</small>		
8:00am	<b>FIT N FAB</b>		<b>FIT N FAB</b>		<b>FIT N FAB</b>	<b>*GROUP TRAINING</b> <small>(BOOKINGS REQUIRED)</small>	
9:00am	<b>CIRCUIT</b> <small>(30min)</small>	<b>INTERVAL</b> <small>(30min)</small>		<b>INTERVAL</b> <small>(30min)</small>	<b>MIX</b> <small>(30min)</small>	<b>INTERVAL</b> <small>(30min)</small>	
9:30am	<b>STRETCH</b> <small>(20min)</small>						
10:00am					<b>PILATES</b> <small>(BOOKINGS REQUIRED)</small>		
5:45pm				<b>MIX</b> <small>(30min)</small>			
6:00pm	<b>COMBO</b> <small>(30min)</small>	<b>INTERVAL</b> <small>(30min)</small>	<b>CIRCUIT</b> <small>(30min)</small>				
6:30pm	<b>*GROUP TRAINING</b> <small>(BOOKINGS REQUIRED)</small>	<b>*GROUP TRAINING</b> <small>(BOOKINGS REQUIRED)</small>		<b>*GROUP TRAINING</b> <small>(BOOKINGS REQUIRED)</small>			

55 min class

45 min class

**\*GROUP TRAINING IS FOR FEMALES ONLY** – These sessions are not included in the Your Gym membership. Ask us how to get involved.

Your Gym Opening Hours (Staffed and Un-staffed)		
	Staffed Hours	Un-staffed hours you can attend with a fob (Staffed hours are included)
Monday to Thursday	6am – 11:30am & 4:30pm – 7pm	Monday to Friday 5am – 11pm
Friday	6am – 11:30am	Saturday & Sunday 6am – 10pm
Saturday	8am – 11am	Public Holiday 6am – 10pm
Sunday.	CLOSED (requires a fob for access)	Closed
Public Holiday.	CLOSED (requires a fob for access)	Good Friday/Easter Sunday/Xmas Day/ New Year's Day
Closed	Good Friday/Easter Sunday/Xmas Day/ New Year's Day	
	<b>*You are not permitted to be in the gym outside staffed hours without a fob</b>	<b>*You can only access un-staffed hours if you have purchased a fob</b>

## Group Fitness Class Descriptions

CLASS	INTENSITY	CLASS DESCRIPTION
COMBO	Low-Med	A session that combines weight training and cardio that will get your heart rate up and increase your Stamina! A great combination as every class will be different and fun!!!
CIRCUIT	Med-High	A session using a combination of aerobic and resistance stations. A great combination that provides an excellent base for cross-training, endurance and flexibility.
FIT N FAB	Low-Med	This class is designed to motivate and encourage the older clients to get "FIT N FAB"! These classes incorporate the usage of - weight training, fitball exercises and circuit style structures. Anyone is welcome to participate in these classes as you will not only work on strength, balance and fitness, but you will have fun whilst you are doing it!! Give it a go!!
GROUP FITNESS TRAINING	Low-High	This session is for females only. It is a safe and energetic environment that caters for all fitness levels. Sessions can include weight training, circuit training, interval training and stability training. You will be motivated to work to your personal levels and beyond. You will have fun and leave feeling good!
INTERVAL	Med-High	Combing resistance training with short sharp spurts of exercises to get your heart pumping! Using both weights and cardio exercises...You will challenge yourself to the next level.
PILATES	Low-Med	Pilates is a safe, non-impact routine to strengthen and elongate deeper postural muscles. It is one of the most highly regarded exercise techniques for holistic body conditioning.
PUMP IT	Med-High	Combines both free weights and bar bells. Using bar bells and plates you will work your entire body, building strength and toning up!