

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	CIRCUIT (females only)	INTERVAL (30min)	CIRCUIT (females only)	INTERVAL (30min)	CIRCUIT (females only)		
8:00am	FIT N FAB		FIT N FAB		FIT N FAB		
9:00am	CIRCUIT (30min)	INTERVAL (30min)		COMBO (30min)	MIX (30min)	INTERVAL (30min)	
9:30am	STRETCH (20min)					*VINYASA YOGA (BOOKINGS REQUIRED)	
10:00am					PILATES (BOOKINGS REQUIRED)		
10:15am		*SLOW FLOW YOGA (BOOKINGS REQUIRED)					
6:00pm	COMBO (30min)	INTERVAL (30min)	CIRCUIT (30min)	MIX (30min)			

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.

***SLOW FLOW AND VINYASA YOGA** – these classes are not included in the Your Gym Membership. Cost for members is \$10 per class. Book and pay at reception

Your Gym Opening Hours (Staffed and Un-staffed)

Staffed Hours FOBS are required for entry		Un-staffed hours (Staffed hours are included) FOBS are required for entry	
Monday to Thursday	6am – 10.00am & 5pm – 7pm	Monday to Friday	5am – 11pm
Friday	6am – 11am	Saturday & Sunday	6am – 10pm
Saturday	8am – 10am	Public Holiday	6am – 10pm
Sunday.	UNSTAFFED	Closed	Good Friday & Xmas Day
Public Holiday.	UNSTAFFED		
Closed	Good Friday & Xmas Day		

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	Combining 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!
SLOW FLOW YOGA	Low	Debby's Slow Flow Yoga offers a gentle and meditative practice designed to target deep tissues and enhance overall well-being. Through purposeful poses and guided meditation, this class helps improve flexibility, increase range of motion, and reduce stress while promoting relaxation and mindfulness. Ideal for enhancing joint mobility, improving energy flow, and complementing active exercise routines, Slow Flow Yoga provides a restorative balance to your physical and mental health.
VINYASA YOGA	Low-Med	Debby's Vinyasa Yoga is a dynamic, athletic style of yoga that blends fluid movements with mindful breathing for a holistic mind-body connection. By incorporating both traditional and creative sequences, this class focuses on building strength, enhancing flexibility, and fostering mindfulness. Perfect for reducing stress and improving cardiovascular health, it's designed to suit everyone—from total beginners to seasoned yogis. Vinyasa Yoga is also an excellent complement for individuals with a strong fitness routine or those regularly engaged in sports.