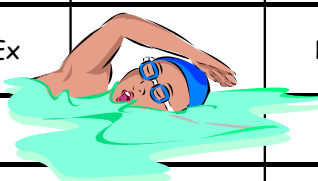

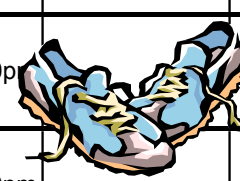
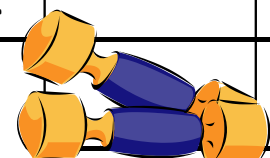




GROUP EXERCISE SCHEDULE

Effective Monday 16th January 2012



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 7:30	Community Walking Group		Community Walking Group		Community Walking Group		
6:00	Les Mills® RPM	Boxing Circuit (outside)	Athletic Development 101	Body Conditioning	Run, Spin & Crunch		
7:00	D.W.Ex	Aqua Fit	D.W.Ex	Aqua Fit	D.W.Ex .	Boxing Circuit	
8:00	Mat Pilates	Les Mills Bodyvive™	Yoga - Stretch & Tone	Mat Pilates	Les Mills Bodyvive™	7.05am Les Mills® RPM D. W. Ex	
9:00	Step 'N' Sculpt	Les Mills® RPM	Fat Burner	Les Mills® Body Pump	Body Conditioning	9.15am Les Mills® RPM	Les Mills® Body Pump
10:00	Yoga Athletic Development 101	Les Mills® Body Pump	Les Mills® RPM	**9.00-10.30 Pro-One® Tennis Group Coaching	Yoga		Les Mills® Body Balance
10:15	D.W.Ex		D.W.Ex	Les Mills® Body Balance	D.W.Ex	Les Mills® Body Pump	
10:30							
11:30		Pilates Reformer					
12:00	Aqua Fit		Aqua Fit		Aqua Fit		
4.00pm		4.15pm Les Mills® Body Pump		Junior Fitness (7-12 yrs)	Les Mills® RPM		
5.00pm		4.00pm Junior Fitness (7-12 yrs)	5.30pm 5ASide Soccer (Field)	4.30pm Les Mills® RPM			
5.30pm	Les Mills® Body Combat	Body Conditioning	Les Mills® RPM	Les Mills® Body Pump	* Pilates Reformer		
6.00pm	Touch Football (Field)	Running Club		Boxing Circuit (outside) Touch Football (Field)			
6.30pm	Les Mills® Body Pump	Les Mills® RPM					

* Please note that there is a \$7 fee for these specialist classes. Reformer classes should be booked at reception.

** Thursday morning social coaching session at Pro-One free to members subject to availability

All Enquiries please contact Reception on 5500 9988