













LIMITED SPACES AVAILABLE!

PLEASE BOOK IN AT RECEPTION OR CALL 6494 3100

LAND BASED CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM					 GYM FIT
9:30AM		 CIRCUIT			
10:30AM	 PILATES		 PILATES		
4:30PM				 PILATES	

POOL BASED CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM	 AQUA FIT	 AQUA FIT	 AQUA FIT	 AQUA LITE	 AQUA FIT
10:15AM			 AQUA LITE		
6:00PM				 AQUA FIT	

Each Monday bookings open for the following week.

Casual Prices - \$16.50 per adult, \$14.00 concession.

See us at reception for membership options.

A waitlist is in operation – If you cannot make it to a class please call and cancel so we can contact someone to take your place.