

Small Group Personal Training Timetable

To request a booking call 9441 8259 or come see us at Gym Reception.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:45am BoxFit		6:00am-6:30am HIIT Fitness		6:00am-6:45am BoxFit		
	6:30am-7:15am Strength & Mobility		6:30am-7:15am Strength & Mobility			
					8:00am - 8:30am Functional Circuit	
7:30am-8:00am Functional Circuit	7:30am-8:00am Functional Circuit	7:30am-8:00am Functional Circuit	7:30am-8:00am Functional Circuit	7:30am-8:00am Functional Circuit		
					8:30am-9:15am Strength & Mobility	
	8:00am - 8:30am Functional Circuit		8:00am-8:30am Seniors Fitness			
8:30 - 9:00am Functional Circuit	8:30am-9:15am Strength & Mobility	8:30 - 9:00am Functional Circuit	8:30am-9:15am Strength & Mobility	8:30 - 9:00am Functional Circuit		8:30am-9:00am HIIT Fitness
9:00am-9:45am Strength & Mobility		9:00am-9:45am Strength & Mobility		9:00am-9:45am Strength & Mobility		9:00am-9:45am Strength & Mobility
9:45am-10:30am BoxFit		9:45am-10:30am BoxFit				
				10:30am-11:15am BoxFit		

Free Trial Session

New to small group personal training? Choose a session and book in at Gym Reception. First session is free.

Session Descriptions

BoxFit

Boxing for Fitness: Using boxing techniques and high cardiovascular energy expenditure, you will punch, move and sweat like a boxer. Your boxing skills will improve over time increasing your cardiovascular energy expenditure in each BoxFit workout. This enables you to burn more calories and lose weight as you box yourself fit.

HIIT Circuit Fitness

High Intensity Interval Training. a class that incorporates functional equipment mixed with body-weight exercises designed to push your heart rate to 85% of it's maximum. This class is not for the faint hearted.

Functional Circuit

A thirty minute small group session. These sessions are designed for improving strength and cardiovascular fitness.

Strength & Mobility

These sessions are 45 minutes and uses a combination of Pilates exercises to work on your strength and mobility. With a maximum of 6 people per session we are able to hone in on your technique and give you a challenging workout.

Pricing

Unlimited Small Group Training

For only an additional \$14.10 per week on your gym membership, enjoy unlimited Small Group Personal Training sessions. As session participants are capped you still need to book to secure your place in a session.

Please give at least 24 hours notification if you need to cancel or change a session. Sessions can be booked through the members portal, please remember to cancel your booking if you are unable to attend.