

Activity time limits and prices

Activity	Time allowed	Price
Group fitness	45 minutes	Member: \$10.00
		Non Member: \$12.00
	30 minutes (Metafit)	Member: \$8.00
		Non Member: \$9.00
Health Club (Gym)	45 minutes	Member: \$10
		Non Member: \$12.00
Personal Training	30 minutes	Member: \$36.00
		Non Member: \$41.00
Stadium (long crt 1 and long crt 2)	45 minutes	\$19.50 per court
Squash	45 minutes	\$15.00 per court
Swim (lap swimming in the 25m pool or use of the program pool)	45 minutes	Adult: \$7.00 Concession: \$5.60 Child (U16) \$5.60

Group Fitness Timetable

Day	Time	Class	Duration	Instructor
Monday	6.00am	Body Pump	45 minutes	Sue
	9.00am	Aqua	45 minutes	Sue
	10.30am	Body Balance	45 minutes	Jenny
	5.00pm	Metafit	30 minutes	Sue
	5.45pm	Body Pump	45 minutes	Mel
Tuesday	6.00am	Circuit	45 minutes	Sue
	9.30am	Body Pump	45 minutes	Mel
	10.30am	Yoga	45 minutes	Karen
	5.45pm	Body Attack	45 minutes	Mim
	6.00pm	Aqua	45 minutes	Sue
Wednesday	8.00am	Aqua	45 minutes	Sue
	9.30am	Tone	45 minutes	Sue
	5.45pm	Body Step	45 minutes	Penny
Thursday	6.00am	Circuit	45 minutes	Sue
	10.30am	Body Balance	45 minutes	Mel
	5.00pm	Metafit	30 minutes	Sue
	5.45pm	Spin	45 minutes	Glenn
Friday	6.00am	Metafit	30 minutes	Sue
	9.00am	Aqua	45 minutes	Sue
	9.30am	Body Pump	45 minutes	Mel
Saturday	8.30am	Spin	45 minutes	Matt
	10.00am	Body Pump	45 minutes	Mike