



## SEPTEMBER GROUP FITNESS TIMETABLE

**Tuesday 5<sup>th</sup> September**

DAY	6:00–6:45AM	7:30–8:15AM	9:00-9:45AM	5:30-6:15PM
TUES	HIIT		ZUMBA	CARDIO CIRCUIT
WED	TOTAL BODY WORKOUT	TABATA ABS		
THURS				BUMS & THIGHS
FRI	TABATA		BOXING	
SAT		HIIT		

**\$10.00 per class or \$90.00 upfront for 10 classes**

## Meditation & Relaxation

Guided Relaxation & Meditation using techniques such as breathing, progressive muscle relaxation and mindfulness to help you regain clarity and energy.

Suitable for all ages and experience levels.

\*BYO yoga mats and water bottle



Thursday's 2.00pm – 3.00pm | During School Terms  
\$10 per class (save \$10 when you pay up front - \$90 for 10 classes)  
Seniors \$8 per class (save \$2)



Visit our website, Facebook or contact the Centre for further information and enrolment details!