



# lifestyle

**ZUMBA** A fast-paced Latin inspired dance fitness that has taken Australia by storm. Dance off calories to rhythms of Merengue, Salsa, Cha Cha, Rock & Roll, Belly Dance, Flamenco & Tango. Bring a towel, water & be ready to party.

## **ZUMBA GOLD (Beginners)**

Designed for the active older adult at a lower intensity. The Latin inspired dance fitness program is innovative, easy & fun.

**TAI CHI** Chen style tai chi is the oldest form of tai chi, characterised by relaxed circular movements of the body that are fast & slow.

## **COMBINATION CLASS**

Gentle exercise, bodybeat & yoga. Experience a little of each.

## **PILATES**

Improves posture & joint flexibility, while targeting the abdominals.

## **MEDITATION**

The inner link with the external to create harmony & balance within our lives. Healing & calming energies. Hosted by Marcia Quiton.

**EXERCISE PLUS** Aerobic elements with yoga based stretching & short combinations, including weights to keep your heart & lungs healthy.

**LINE DANCING** Get fit & have some bootscootin' fun while working the muscles, bones, heart & brain.

**GENTLE EXERCISE/YOGA (Beginners)** Low impact class consisting of warm up, yoga based stretching, short combinations, circuits & weights.

**BELLY DANCING** Mesmerise & mystify while learning the ancient art of belly dancing. Exercise, trim & tone, whilst celebrating the woman's body. Bring a scarf to tie around your hips!

## **BOXERCISE CIRCUIT (Beginners)**

Workout at your own pace under supervision. Circuit includes gloves & focus pads, skipping, dumbbells, bikes & abdominal floor work.

Information correct at time of print. Subject to change. Aug 10

## TIMETABLE

### Monday

9am	Tai Chi
10:30am	Combination Class
12:30pm	Belly Dancing
2pm	Pilates
5:45pm	Exercise Plus
7pm	Line Dancing

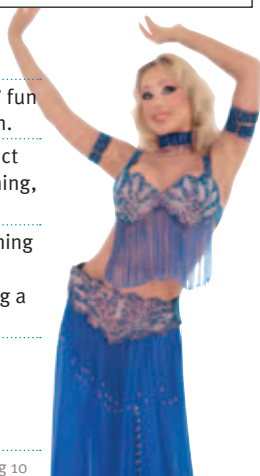
**ALL  
\$2**

### Tuesday BACK TO BASICS

9am	Zumba (Intense)
10:30am	Gentle Exercise/Yoga (beginners)
11:30am	Zumba Gold (beginners)
1pm	Belly Dancing (beginners)
2pm	Boxercise Circuit
6pm	Bodybeat
7pm	Yoga
8pm	Meditation

### Thursday

9am	Meditation
10:30am	Yoga
12:30pm	Exercise Plus
1:30pm	Line Dancing (Beginners)
2pm	Line Dancing (Intermediate)



# gym

## \$3.50

Multi Visit purchases are available from the Customer Service Desk in the Gaming room and Single Visit Purchases can be made from the Reception Desk.

## GYM HOURS

### Ladies

<b>Mon</b>	8am – 10am 4pm – 6pm
<b>Tues</b>	10am – 12pm 6pm – 8.30pm
<b>Wed</b>	8am – 10am 4pm – 6pm
<b>Thurs</b>	10am – 12pm
<b>Fri</b>	10am – 12pm
<b>Sat</b>	12pm – 2pm
<b>Sun</b>	10.30am – 12.30pm

### Men

<b>Mon</b>	10am – 12pm 6pm – 8.30pm
<b>Tues</b>	8am – 10am 4pm – 6pm
<b>Wed</b>	10am – 12pm 6pm – 8.30pm
<b>Thurs</b>	8am – 10am
<b>Fri</b>	8am – 10am
<b>Sat</b>	10am – 12pm
<b>Sun</b>	8am – 10.30am

### MEMBERS

- ▶ A Doctor's Consent form must be completed prior to using gym
- ▶ Gym Instructor available to discuss fitness & diet
- ▶ Members only
- ▶ New members will be charged a \$34 joining fee.
- ▶ All members must use a towel in all work areas. Please wipe down equipment after use
- ▶ Clean gym gear & joggers must be worn at all times. Jeans, cargo pants & vests are unacceptable. No baseball caps to be worn

- ▶ Only water is permitted for consumption in the gym.
- ▶ Chewing gum is not permitted
- ▶ All gym bags are to be stored in lockers. The club is not responsible for theft of valuables.
- ▶ Please adhere to the time limits on the computerised cardiovascular equipment & wipe after use.

