



lifestyle

BELLY DANCING

FREE for members

Mon 12.30pm – 1.30pm

Learn to mesmerise and mystify! Discover the ancient art of belly dance. Suitable for all ages, shapes and fitness levels. Have fun, exercise, trim & tone, whilst celebrating the woman's body. Bring a scarf to tie around your hips!

TAI CHI

FREE for members

Mon 9am – 10am

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

MEDITATION GROUP

FREE for members

Tues 8pm – 9pm & Thurs 9am – 10am

Meditation is the inner link with the external to create harmony and balance within our lives. A wonderful healing and calming energy, it creates a river of light that gently lifts you and opens doorways to the conscious mind and ways to see other horizons. Hosted by Marcia Quinton.

YOGA

FREE for members THURSDAY

Tues 7pm – 8pm \$2 Thurs 10.30 – 11.30am

A 'Hatha' based yoga class infused with power yoga and pilates, focusing on stretching, strengthening and balancing the 'mind, body and spirit'. Suitable for all levels.

NEW PILATES

FREE for members

Mon 2pm – 3pm

Targets the abdominals & will give you greater control. Improves posture and joint flexibility.

NEW COMBINATION CLASS

FREE for members

Mon 10.30am – 11.30am

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

LINE DANCING

FREE for members

Mon 7pm, Thur 2pm (Beginners 1.30pm – 2pm)

Get fit and have some bootscootin' country fun. Line dancing is an excellent sport that works the muscles, bones, heart & brain and helps maintain balance.

All levels & ages welcome.

GENTLE EXERCISE

FREE for members

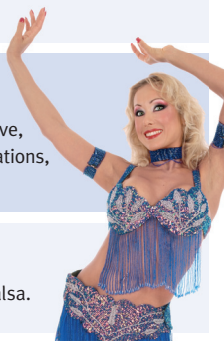
Mon 5.45pm – 6.45pm, Thur 12.30pm – 1.30pm

A low impact class, designed to keep you fit & your mind active, consisting of warm up, yoga based stretching, short combinations, circuit & weights.

BODYBEAT Hi Cardio + Low Impact

Tues 6pm – 7pm \$2

Dance & aerobic combination with a touch of bollywood & salsa.



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

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

Men

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

MEMBERS

- ▶ A Doctor's Consent form must be completed prior to using gym
- ▶ Gym Instructors 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 computerized cardiovascular equipment & wipe after use.

