



FITNESS

GROUP FITNESS TIMETABLE

- FULLY EQUIPPED GYM
 - LARGE CARDIO STUDIO
 - BOXING FACILITIES
 - PERSONALISED PROGRAMS
 - PERSONAL TRAINING
- GROUP SESSIONS / ONE ON ONE SESSIONS

SPORTS AVAILABLE

- NETBALL • TENNIS
- VOLLEYBALL
- SOCCER • CRICKET

register for new seasons before 31/3/12

COURT & VENUE HIRE

CLUBS / GROUPS / EVENTS

MASSAGE THERAPIST

bookings available

ample on site car parking

fully airconditioned facility

OPENING HOURS

Monday	6.00am to 8.00pm
Tuesday	6.00am to 8.00pm
Wednesday	6.00am to 8.00pm
Thursday	6.00am to 8.00pm
Friday	6.00am to 12noon 4.00pm to 7.30pm
Saturday	8.00am to 11.00am
Sunday	9.00am to 11.00am 5.45pm to 7.30pm

Closed Sun Nights in School
Holidays/Public Holidays



ASK ABOUT OUR 10 WEEK CHALLENGE!

KIDS CENTRE HOURS

Monday	8.45am to 11.30am 5.30pm to 7.30pm
Tuesday	8.45am to 11.30am
Wednesday	8.45am to 11.30am 5.30pm to 7.30pm
Thursday	8.45am to 11.30am
Friday	8.45am to 11.30am
Saturday & Sunday	N/A

Please note: No Kids Room on Public Holidays
School Holidays crèche only available for under 5 yrs old



GROUP FITNESS TIMETABLE

Starts 30th January 2012

for ALL fitness levels

OPEN 7 DAYS A WEEK

99 Penola Road, Mount Gambier
South Australia 5290
Phone 08 8723 0288
Fax 08 8723 1630
Email info@active8fitness.com.au
www.active8fitness.com.au

where health happens

ACTIVE8 CLASS TIMES

- Please arrive at least 5 mins before a class to discuss concerns or injuries

- Please bring a towel and water with you to class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	Body Mix	Body Pump		TRX / Bootcamp / Boxing	Body Pump		
6.15am	Circuit*		X-Bikes* Intro Class*		Circuit*		
8.45am						Bodymix	
9.00am					Combat/Attack*		
9.15am	Body Pump	Body Combat	Body Step	Body Pump			X-Bikes Express #
9.45am					Balance*		
10.00am	CLUB 50+			CLUB 50+			Body Pump
10.15am		Pilates*		Pilates*			
10.30am			Active4Life (50+)				
11.00am					Active4Life (50+)		
4.45pm	Zumba*						
5.30pm		Body Mix	Body Attack*	Body Combat			
5.45pm	Body Step		X-Bikes/Abs	X-Bikes*	Pilates/Balance		
6.00pm	Boxing	X-Bikes*					
6.15pm	CLUB 50+		Body Pump	CLUB 50+			
6.30pm		Balance					
6.45pm	Body Pump						



Bookings taken for X-Bikes on Monday mornings

*45 minute class #30 minute class