

## FITNESS

FULLY EQUIPPED GYM

NEW CARDIO ROOM

GROUP FITNESS

BOXING FACILITIES

REHABILITATION PROGRAMS

PERSONAL TRAINING

GROUP SESSIONS / ONE ON ONE SESSIONS

## SPORTS AVAILABLE

NETBALL

TENNIS

VOLLEYBALL

SOCCER

CRICKET

## COURT & VENUE HIRE

CLUBS / GROUPS / EVENTS

## MASSAGE THERAPISTS

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

## NEW CARDIO ROOM & NEW BOXING FACILITY!

## KIDS CENTRE HOURS

Monday 9.00am to 11.15am  
5.45pm to 7.00pm

Tuesday 9.00am to 11.00am

Wednesday 9.00am to 11.00am  
5.30pm to 7:15pm

Thursday 9.00am to 11.00am

Friday 9.00am to 11.00am

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 May 2010

## OPEN 7 DAYS A WEEK

99 Penola Road, Mount Gambier  
South Australia 5290  
Phone 08 8723 0288  
Fax 08 8723 1630

[www.active8fitness.com.au](http://www.active8fitness.com.au)

*where health happens*



# ACTIVE8 CLASS TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am		Pump			Pump		
6.15am	X-Bikes*		X-Bikes*	Boxing*			
8.15am							
9.00am				PowerCardio (25)	Pilates*		
9.15am						Pump	
9.30am	Pump	Combat	Step	Pump			
9.45am					Attack*		X-Bikes*
10.00am	CLUB 50+			CLUB 50+			
10.30am	X-Bikes*		Mature Movers (50+)				
11.00am					Active4Life (50+)		
5.30pm		BodyMix	Attack*				
5.45pm	Step			Boxing	Aerobic Pilates		
6.00pm	Boxing	X-Bikes*	X-Bikes*	X-Bikes*			
6.15pm			Pump	CLUB 50+			
6.30pm	CLUB 50+	Pilates					
6.45pm	Pump						

- Please arrive at least 5 mins before a class to discuss concerns or injuries
- Please bring a towel and water with you to class

- Bookings taken for X-Bikes, Boxing and Bootcamp on Monday mornings

\*45 minute class

