


'We're working towards a fitter, healthier Perth...'



GROUP TRAINING TIMETABLE 2019

	MON	TUE	WED	THU	FRI	SAT
RISE & SHINE 6.00AM	XTC		XTC		XTC	
GOOD MORNING 8.30AM						XTC
GOOD MORNING 9.00AM	Pink FIT		Pink FIT		Pink FIT	
GOOD MORNING 9.30AM						
TWILIGHT ZONE 5.30PM		XTC		XTC		
TWILIGHT ZONE 6.00PM	XTC					
TWILIGHT ZONE 6.30PM				(30MIN) BOXING 4 FITNESS		

GROUP TRAINING KEY:

XTC = Cross Training Circuit {55min}

PinkFIT = Ladies Only Circuit {55min}

BOXING 4 FITNESS = Boxing for Fitness Session {30min}

GROUP TRAINING SESSION DESCRIPTIONS:

XTC = Cross Training Circuit {55min}

Mix up your training with a great blend of cardio and strength options that provide a full body workout in a circuit format. Experience our **XTC** rise & shine session, enter the **XTC** twilight zone or become an **XTC** weekend warrior. The choice to a fitter, healthier you is yours!

XTC KEY FITNESS BENEFITS:

 Cardio Fitness  Muscular Strength  Flexibility  Increase Metabolism

PinkFIT = Ladies Only Circuit {55min}

A specialised circuit training session for women with an added emphasis on tummy, hips and thighs. **PinkFIT** combines calorie burning cardio and resistance training exercises designed to promote joint stability & bone density.

PinkFIT KEY FITNESS BENEFITS:

 Muscle Toning  Cardio Fitness  Bone Density  Body Fat Reduction

BOXING 4 FITNESS = Boxing for Fitness {30min}

Our accredited Boxing for Fitness trainers will get you fighting fit! **BOXING 4 FITNESS** is a high-energy, non-contact workout that gets real results fast. We provide the instruction, focus pads and gloves, and you punch your way to a fitter, leaner you!

BOXING 4 FITNESS KEY FITNESS BENEFITS:

 Cardio Fitness  Body Fat Reduction  Muscular Endurance  Coordination

GROUP TRAINING OPTIONS

Club50 (Unlimited Monthly) *\$180

Enjoy the ability to attend unlimited Group Training sessions within a calendar month. At just \$45 per week it provides great value for fully supervised & structured fitness training in a fun, social environment.

10 Session Pass *\$225 (10% discount on casual price)

Invest in a 10 session pass to provide you with 10 Group Training visits. The upfront pass remains at the studio & can be used at your own leisure.

Casual *\$25

Casual visits allow you to pay as you attend.