

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am	<i>Combo</i>	<i>Step</i>	<i>Cardio</i>	<i>Strength Circuit</i>	<i>Zumba</i>
10.30am	<i>Swiss Ball</i>	<i>Seniors</i>	<i>Fat Fighters</i>	<i>Boxer-cise</i>	<i>Seniors</i>
		<i>Hips, bums and thighs</i>			
6.00pm	<i>Pilates</i>	<i>Circuit</i>	<i>Step</i>	<i>Zumba</i>	
7.00pm	<i>Boxer-cise</i>	<i>Meditation with Naomi \$10.00</i>	<i>Boxer-cise</i>	<i>Yoga</i>	

**\$8.00 per class for a Member's casual visit or \$12.00 for two classes back to back.
NON MEMBERS \$10.00 PER CLASS**

All classes are 50 minutes in duration.

BOXERCISE Using basic boxing moves to develop your co-ordination and fitness

CARDIO Walk, run, hop, skip, crawl all at your own level of fitness

COMBO Circuit type training, could include simple step moves, light hand weights and some floor exercises.

HIPS, BUMS AND THIGHS Low impact moves targeting your hips, bums and thighs.

SENIORS A beginners class to introduce you to group fitness. Get mobile, improve your fitness while having fun and meeting new people.

STEP Increase the heart rate and tone the legs, while teaching you all the moves.

STRENGTH CIRCUIT Combination of exercise using hand weights and bars, all levels catered for.

SWISS BALL A workout for all ages and fitness levels. Low impact and controlled moves using the swiss ball. Focusing on your core strength and stability.

YOGA: Hatha Yoga is a contemporary blend of Yoga style, focusing on breathing and body work to enhance flexibility, core strength and peace of mind.

ZUMBA: Come and have a great workout to dance, while having fun at the same time.

WEIGHTS OR GROUP FITNESS PASSES:

1 Month Weights **or** Group Fitness Pass
\$40.00 U18 **\$55.00 Adult** \$30.00 Seniors Card

6 Monthly Weights **or** Group Fitness Pass
\$200.00 U18 **\$280.00 Adult** \$160.00 Seniors Card

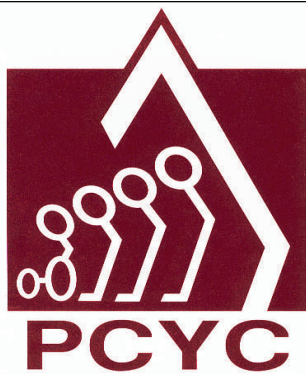
12 Monthly Weights **or** Group Fitness Pass
\$365.00 U18 **\$495.00 Adult** \$285.00 Seniors Card

WEIGHTS AND GROUP FITNESS CLASSES

1 Month Weights **and** Group Fitness Pass
\$60.00 U18 **\$80.00 Adult** \$50.00 Seniors Card

6 Monthly Weights **and** Group Fitness Pass
\$300.00 U18 **\$380.00 Adult** \$270.00 Seniors Card

12 Monthly Weights **and** Group Fitness Pass
\$465.00 U18 **\$595.00 Adult** \$390.00 Seniors



ACTIVITY TIMETABLE as at 4/8/2011

PINE RIVERS PCYC
 Les Hughes Sporting Complex
 Baker Street (off Francis Road)
 BRAY PARK
 Phone: 3205 3367
 Fax: 3205 6469

OFFICE HOURS

Monday-Thursday 8.00am-9.00pm
 Friday 8.00am-8.00pm
 Saturday 9.00am—1.00pm
 PINE.RIVERS@PCYC.ORG.AU

VACATION CARE

For Children Prep—Grade 7
 From \$40.00 per day 7am—
 6pm daily
 CCB Eligible
 Provider # 555 010 497H

We offer a quality service for school aged children during School Holidays. We offer a range of sporting and recreation activities, which may include arts & crafts, cooking, theme days and great excursions.

For more information and enrolment forms, please see reception.

PCYC JUNIOR DISCOS

Juniors Discos are held on the second Friday of each month, for prep to Grade 7, from 6.30pm-8.30pm.

Cost is \$5.00, canteen facilities available.

Come along meet your friends and win some great prizes.

ROCKCLIMBING PARTIES are also available on Saturday mornings, bookings essential. \$15.00 per child.

MEMBERSHIP FEES

Adults	\$30.00
Child	\$20.00
Seniors Card	\$6.00
Family	\$60.00

ACTIVITIES FOR UNDER 5'S

TIMES	MON	TUE	WED	THU	FRI
KANGABOP \$6.00					
9.30-10.30am	Walking - 3 yrs	Walking - 3 Yrs	Walking - 3 yrs	Walking - 3 yrs	Walking - 3 yrs
10.30am-11.30am	FDC \$5.00	3.5-5yrs	3.5-5yrs	FDC \$5.00	FDC \$5.00
4.00pm-5.00pm			3.5 -5 yrs		
JUNIOR INDOOR SOCCER \$6.00					
3.30—4.30pm	4 - 5 yrs				

.....\$5.00 ENTRY INTO WEIGHTS ROOM BETWEEN 12 & 2PM DAILY.....

CLASS	MON	TUE	WED	THUR	FRI	SAT
Acrobatics \$6.00 5-7yrs 7-12 yrs	3:30-4:30pm 4:30-5:30pm	4:00-5:00pm 4:00-5:00pm				
Badminton \$6.50	9:00-12:00pm				9:00-12:00pm	
Boxing 10 –17 years \$6.00 18 years + \$8.00		7.00-8.30pm		7.00-8.30pm		
Boxing/Muay Thai \$8.00 16 years +	6:00-8:00pm		6:00-8:00pm		5.00-7.00pm	
Childminding 1hr \$3.00 2hrs \$4.00/Family	9:30-11.30am	9.30-11.30am	9.30-11.30am	9:30-11.30am	9:30-10.30am	
Fun Dance 6-12 Yrs \$6.00			4:00-5:00pm			
Ballet \$6.00 3-8 years 9-14 years		4:00-5:00pm 5.00-6.00pm				
Jazz \$6.00 3-8 years 9-14 years				4:00-5:00pm 5.00-6.00pm		
Tap \$6.00 3-8 years 9-14 years \$8.00 Adult Tap			4.00-5.00pm 5.00-6.00pm 6.00-7.00pm			
Group Fitness Classes \$6.00 U18 \$8.00 Adults \$5.00 Seniors \$12.00 for two classes 14 Years +	As per attached timetable					
Indoor Soccer 6-11 yrs \$6.00	4.30-6.00pm					
Judo \$5.00 U18 \$6.00 Adult	5.30-8.30pm		5.30-8.30pm		5.30-7.30pm	
Ju-Jitsu \$5.00 U18 \$6.00 Adult				6:30-8:30pm		
Karate Kids 6-16 yrs \$5.00		6.00-7.00pm		6.00-7.00pm		
Kung-Fu \$5.00		5:00-7:00pm				
Olympic Weight Lifting 12—17 years \$6.00		5.45pm		5.45pm		
Rock Climbing Indoor \$7.00 U18 \$10.00 Adults	6:30-8:30pm		4:00-6:00pm			9:00-12:00pm
Personal Training \$30.00 per session \$295.00 10 Visit Package	Bookings essential					
Tai Chi \$5.00						9:00-11:00am
Weights Room 14 Years + \$6.00 U18 \$8.00 Adults \$5.00 Seniors A surcharge will apply to non-members for each activity.	5:00am - 9:00pm	5:00am - 9:00pm	5:00am - 9:00pm	5:00am - 9:00pm	5:00am - 8:00pm	9:00am- 1:00pm