



Surf Coast Sport & Recreation Centre

Fitness Class Timetable



An element of fun is guaranteed at all Fitness sessions.
Come away from our classes feeling great & with a smile!

Effective 24/12/2019

| Time | Mon | Tues | Wed | Thurs | Fri | Sat |
|---------|------------------------------|--------------------------------------|-----------------------------------|--|---------------------------|---|
| 8.30am | | | | | | Interval Circuit Training (Melinda/Natalie) |
| 9.15am | Powerbar (Melinda) | Butts & Guts (Melinda) | HIIT Strength (Natalie) | Interval Circuit Training (Amie) | Powerbar (Amie) | |
| 10.30am | | Fit Forever (Melinda) | | Fit Forever (Natalie) | | |

Casual Fees

- \$15.50 per class or \$117 for 10 classes
- \$14.50 concession/student rate (*must show ID card*)
- \$11.70 Fit Forever classes only or \$107.00 for 10 classes

Memberships

12 months \$587 6 months \$392 3 months \$211 1 month \$98

Crèche

- \$5.80 per child or \$54 For 10 visits
- Crèche available for Monday to Friday classes only, no bookings required
- Maximum number of children is 21 per day
- No children are permitted to watch or sit in classes

Classes

- All classes are one hour in duration.
- Numbers are limited to 35 per Powerbar and 24 per step classes.
- Participants will not be allowed into classes after the warm up has commenced. This is to ensure participant safety. Please arrive early to avoid any disappointment.
- Participants must produce a doctor's medical clearance after childbirth to resume classes.
- Babies will not be accepted into the crèche until after their first immunizations.
- Classes will not be conducted on public holidays.
- A modified timetable may be offered during school holidays.
- Any cancelled days will be added onto memberships.

All prices include GST except crèche, which is GST exempt.

| Powerbar | HIIT Strength | Interval Circuit Training & Butts and Guts | Fit Forever |
|--|---|--|--|
| A muscle-conditioning class, targeting every major muscle group, incorporating the use of barbells, for the ultimate strength, toning and fat burning workout. Suitable to all levels from beginner to advanced. | This highly effective class alternates periods of intense exercise with short recovery periods and incorporates circuit, cardio and weight training | The classes are a combination of cardiovascular and resistance training consisting of periods of intense exertion alternating with periods of rest or lighter exertion-interval training. This type of interval training is designed for all fitness levels. Butts & Guts -Train, tone & strengthen all regions of the lower body and core with this class. Workout will focus on the abs, glutes, legs, and lower back using light weights and body resistance. Class will include stretch and relaxation to complete your workout. | Combination of cardio, resistance, balance, core, hi/lo rhythm & step moves designed to encourage movement, strength, balance, endurance and fun filled fitness. |



Surf Coast Sport & Recreation Centre
77 Beach Road, Torquay
Phone: 5261 4606 Fax: 5261 4756
Email: surfcoastsrc@surfcoast.vic.gov.au
Web: www.surfcoast.vic.gov.au



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Fitness Class Etiquette



Memo to: All class participants

Due to a policy and procedure review of our group fitness classes the following guidelines will now apply to all group fitness classes:

- Classes conducted Monday to Friday will be of one hour duration commencing at 9:15am sharp. A crèche is available for these classes.
- Fit Forever classes will commence at 10:30am on Tuesday and Thursday. No crèche is available for these classes.
- Saturday classes will be of one hour duration commencing at 8:30am sharp. No crèche is available for this class.
- There will be no entry to the classes once the warm-up has commenced.
- Participants must be on time and complete an entire warm-up and cool down.
- Participants must be 12 years or older.
- No children or spectators are permitted in the stadium while a class is in progress.
- As a courtesy to others please have your mobile on silent mode.
- If you have a medical condition, an injury, are recovering from an injury, are pregnant or have given birth in the past six weeks, please inform your instructor prior to the class commencing.
- Please ensure you arrive in plenty of time to register and settle your child in the crèche and set-up for your fitness class. The crèche opens at 9am.
- Please bring a towel and water bottle, which you can top-up at the centre; We also have bottled water for sale.
- No classes and/or crèche will be conducted on public holidays
- All members and discount card holders are required to complete a personal/medical registration form annually.

These measures are in place for your continued safety and pleasure and will apply from January 1st, 2016

We thank you for your support.

All group fitness class enquiries should be directed to Surf Coast Sport & Recreation Staff:
Helen Berry - Facility Manager, Phone 5261 0868 or Noel Pittaway – Administration Officer. Phone 5261 4606

SPECIAL OFFER: 1 x Free Fitness Class for first time participants!
Please let our friendly staff know if this is your first class!



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