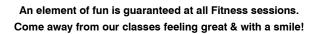
## Surf Coast Sport & Recreation Centre Fitness Class Timetable

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Effective 24/12/2019								
Time	Mon	Tues	Wed	Thurs	Fri	Sat		
8.30am						Interval Circuit Training (Melinda/Natalie)		
9.15am	<b>Powerbar</b> (Melinda)	Butts & Guts (Melinda)	HIIT Strength (Natalie)	Interval Circuit Training (Amie)	Powerbar (Amie)			
10.30am		<b>Fit Forever</b> (Melinda)		<b>Fit Forever</b> (Natalie)				

Casual Fees	• \$	\$15.50 per class o	or \$117 for 10 classes	$\frown$				
	• \$	14.50 concession	n/student rate (must show ID card)	All prices				
	• \$	11.70 Fit Forever	classes only or \$107.00 for 10 classes	include GST				
<u>Memberships</u>	12 m	onths \$587 6 m	onths \$392 3 months \$211 1 month \$98	except crèche,				
				which is GST exempt.				
<u>Crèche</u>	• \$	5.80 per child or	\$54 For 10 visits	exempt.				
	• (	Crèche available f	or Monday to Friday classes only, no bookings require	d				
	• 1	Maximum number	of children is 21 per day					
	• •	No children are pe	ermitted to watch or sit in classes					
Classes	• 4	All classes are on	e hour in duration.					
	<ul> <li>Numbers are limited to 35 per Powerbar and 24 per step classes.</li> </ul>							
		Participants will not be allowed into classes after the warm up has commenced. This is						
	<ul> <li>to ensure participant safety. Please arrive early to avoid any disappointment.</li> <li>Participants must produce a doctor's medical clearance after childbirth to resume classes.</li> </ul>							
		•	•					
	• E	Babies will not be	accepted into the crèche until after their first immuniza	tions.				
	• E • (	Babies will not be Classes will not be	accepted into the crèche until after their first immuniza e conducted on public holidays.	tions.				
	• E • (	Babies will not be Classes will not be	accepted into the crèche until after their first immuniza	tions.				
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Powerbar	• E • () • /	Babies will not be Classes will not be A modified timetal	accepted into the crèche until after their first immuniza e conducted on public holidays. ble may be offered during school holidays.	tions. Fit Forever				
Powerbar A muscle-conditioni class, targeting every r muscle group, incorporating the use	• E • ( • / • / ing major	Babies will not be Classes will not be A modified timetal Any cancelled day	accepted into the crèche until after their first immuniza e conducted on public holidays. ble may be offered during school holidays. /s will be added onto memberships.	Fit Forever Combination of cardio, resistance, balance, core, hi/lo rhythm & step moves				
A muscle-conditioni class, targeting every r muscle group,	E     C	Babies will not be Classes will not be A modified timetal Any cancelled day HIIT Strength This highly effective class alternates periods of intense	accepted into the crèche until after their first immuniza e conducted on public holidays. ble may be offered during school holidays. /s will be added onto memberships. Interval Circuit Training & Butts and Guts 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	Fit Forever Combination of cardio, resistance, balance, core,				
A muscle-conditioni class, targeting every r muscle group, incorporating the use barbells, for the ultim strength, toning and burning workout. Suit to all levels from begin to advanced.	E     C     A     A     A     A     A     A     A     A     A     A	Babies will not be Classes will not be A modified timetal Any cancelled day HIIT Strength This highly effective class alternates periods of intense exercise with short recovery periods and incorporates circuit, cardio and weight training	<ul> <li>accepted into the crèche until after their first immunizate conducted on public holidays.</li> <li>ble may be offered during school holidays.</li> <li>ble added onto memberships.</li> <li>Interval Circuit Training &amp; Butts and Guts</li> <li>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.</li> <li>Butts &amp; Guts -Train, tone &amp; 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.</li> <li>t Sport &amp; Recreation Centre</li> </ul>	Fit Forever Combination of cardio, resistance, balance, core, hi/lo rhythm & step moves designed to encourage movement, strength, balance, endurance and				
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## Surf Coast Sport & Recreation Centre Fitness Class Etiquette

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## 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!



Surf Coast Sport & Recreation Centre

SurfcoAST Sport & Recreation Centre Email: surfcoastsrc@surfcoast.vic.gov.au Web:www.surfcoast.vic.gov.au