

HUB RECREATION CENTRE

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00AM		STRENGTH FOR LIFE			
9.15AM				STRENGTH FOR LIFE	
10.15AM		STRENGTH FOR LIFE			
10.30AM				STRENGTH FOR LIFE	
11.00AM	STRENGTH FOR LIFE				
12.15PM	STRENGTH FOR LIFE				
3.30PM	TEEN GYM		TEEN GYM	TEEN GYM	

STRENGTH FOR LIFE – OVER 50'S - \$7 CASUAL / 10 VISIT PASS \$60

Supervised strength training with a qualified instructor. An assessment is done for every client and a personalised program is designed for progressive strength.

TEEN GYM - \$5 / 10 VISIT PASS \$40 – HIGH SCHOOL STUDENTS

A fully supervised gym session.



HUB RECREATION CENTRE
 100 Taylors Road, Aberfoyle Park
 Phone 8488 2000

