


# FITNESS TIMETABLE

## 2024

**Direct Deposit Payment:**  
Name: Scottvale Health Club  
BSB: 633 000 | Acc#: 176 256 949  
Reference: YOUR NAME

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
5.30am		BACE: Pilates (5:30AM – 6.15AM)	HydroFIT WK1 (5.30AM – 6.15AM)	Shred It WK 2 (5.30AM – 6.15AM)	Reform'r FIT *EXTRA FEE* (5.30AM – 6.15AM)	Shred It (5:30AM – 6:30AM)	
8.30am	Low Impact – FreeFLOW (8.30AM – 9:30AM)		Low Impact – FreeFLOW (8:30AM – 9:30AM)				Shred It (8.00AM – 8.40AM)
8.40am		HydroFIT (8.40AM – 9.20AM)	HydroFLOW (8:40AM – 9:20AM)			HydroFLOW (8:40AM – 9:20AM)	HydroFIT (8.50AM – 9.30AM)
9.30am						Chick'r'cise - Pool (9:30–10:10) Wk1	Chick'r'cise - Gym (9:30–10:10) Wk2
9.30am			FIT Fellas - Pool (9:30–10:10)		HydroFIT (9.30AM-10.10AM)	FIT Fellas - Gym (9:30–10:10) Wk1	FIT Fellas - Pool (9:30–10:10) Wk2
9.40am	BACE: Breathing & Balance (9:40AM – 10:20AM)	GentleFLOW: Moving Meditation (9:40AM – 10:20AM)	BACE: Mat Pilates (9:40AM – 10:20AM)				
11.20am		Reform'r FIT *EXTRA FEE* (11.20AM – 12noon)			Reform'r FIT *EXTRA FEE* (11.20AM – 12noon)		
5.00pm	HydroFIT (5:00PM – 5.40PM)	HydroFIT (5:00PM – 5.40PM)			HydroFIT (5:00PM – 5.40PM)	<div><p>Scottvale Health Club Squash, Fitness &amp; Allied Health</p></div>	
5.15pm	Reform'r FIT *EXTRA FEE* (5.15PM – 6.00PM)	Teens Strength & Fitness (5:15PM – 6:00PM)	Reform'r FIT *EXTRA FEE* (5.15PM – 6.00PM)				
5.30pm		Reform'r FIT *EXTRA FEE* (5.30PM – 6.15PM)	HydroFit (5.30PM-6.10PM)		Reform'r FIT *EXTRA FEE* (5.30PM – 6.15PM)		
5.45pm					HydroFit (5.45PM-6.25PM)		
6.00pm	Shred It (6.00PM – 6.40PM)	Shred It (6.00PM – 6.40PM)	Shred It (6.00PM – 6.40PM)				

### PAYMENT AND MEMBERSHIP OPTIONS

<b>CASUAL</b> Fitness Class \$15 10 Pass Fitness Class \$120 <hr/> Reformer Class \$20 10 Pass Reformer Class \$170	<b>SILVER MEMBERSHIP</b> \$20 / week Unlimited Fitness Classes Paid weekly for 12-months (upfront \$900) or 6-months <u>upfront</u> (\$500). Cancellation fees apply. <b>Excludes</b> Reform'r Fit Classes. <i>*Extra \$5 Fee / class for all Reform'r FIT.</i>	<b>GOLD MEMBERSHIP</b> \$35 / week Unlimited Fitness, Squash and Reformer Fit Classes Paid weekly for 12-months (upfront \$1600) or 6-months <u>upfront</u> (\$875). Cancellation fees apply.
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### BOOKINGS ARE ESSENTIAL

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*Where Every Body Counts*