

FITNESS TIMETABLE

2024
TERM 2

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)	Shred It (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	FIT Fellas - Gym (9:30–10:10)				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)	Reform'r FIT *EXTRA FEE* (5.00PM – 5.45PM)			
5.15pm		Teens Strength & Fitness (5:15PM – 6:00PM)				
5.30pm	Reform'r FIT *EXTRA FEE* (5.30PM – 6.15PM)	Reform'r FIT *EXTRA FEE* (5.30PM – 6.15PM)		Reform'r FIT *EXTRA FEE* (5.30PM – 6.15PM)		
5.30pm			HydroFit (5.30PM-6.10PM)	HydroFit (5.30PM-6.10PM)		
6.00pm	Shred It (6.00PM – 6.40PM)	Shred It (6.00PM – 6.40PM)	Shred It (6.00PM – 6.40PM)			



PAYMENT AND MEMBERSHIP OPTIONS

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

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www.scottvalehealthclub.com

Where Every Body Counts