

FITNESS TIMETABLE

2024

TERM 4

23 Sept. – 21 Dec.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30am			HydroFIT (5.30AM – 6.15AM)		Shred It (5:30AM – 6:30AM)	
8.30am	Low Impact – FreeFLOW (8.30AM – 9:30AM)	HydroFIT (8.30AM – 9.10AM)	Low Impact – FreeFLOW (8:30AM – 9:30AM)			Shred It (7:15AM – 8:00AM)
9.30am	Chick'r'cise BACE (9:30AM – 10:10AM)	GentleFLOW: Moving Meditation (9:30AM – 10:10AM)	BACE: Mat Pilates (9:30AM – 10:10AM)	HydroFIT (9.30AM-10.10AM)	Chick'r'cise POOL (9:30–10:10) Wk1	FIT Fellas GYM (9:30–10:10) Wk1
9.30am	FIT Fellas GYM (9:30–10:10)		FIT Fellas POOL (9:30–10:10)		Chick'r'cise GYM (9:30–10:10) Wk2	FIT Fellas POOL (9:30–10:10) Wk2
5.15pm	HydroFIT (5:15PM – 5.55PM)	HydroFIT (5:15PM – 5.55PM)	HydroFit (5.15PM-5.55PM)	HydroFit (5.15PM-5.55PM)	<i>Where Every Body Counts</i>	
6.00pm	Shred It (6.00PM – 6.40PM)		Shred It (6.00PM – 6.40PM)			

PAYMENT AND MEMBERSHIP OPTIONS

CASUAL	SILVER MEMBERSHIP	GOLD MEMBERSHIP
Fitness Class \$15	\$20 / week	\$35 / week
10 Pass Fitness Class \$120	Unlimited Fitness Classes	Unlimited Fitness & Squash
Sauna Session \$30 (2 pax.)	Paid weekly for 12-months (upfront \$900) or 6-months <u>upfront</u> (\$500). Cancellation fees apply.	Paid weekly for 12-months (upfront \$1600) or 6-months <u>upfront</u> (\$875). Cancellation fees apply.

BOOKINGS ARE ESSENTIAL

Phone:

(07) 49 281 588

Email:

hello@scottvalehealthclub.com

MEMBER SPECIAL: 30-min Sauna use for \$10/ person