



TRADING HOURS:

Monday - Friday 6.00am – 8.00pm
 Saturday 8.00am – 4.00pm
 Sunday 10.00am – 2.00 pm
 Public Holidays 10.00am - 1.00pm

100 Mitchell St
 Darwin City 0800
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EMAIL:ttim1185@bigpond.net.au
www.timeoutfitness.com.au

<u>CASUAL FEES & CONCESSIONS</u>		<u>MEMBERSHIP FEES /VISIT CARDS</u>	
CASUAL VISIT	\$ 13.00	1 MONTH	\$ 98.00 FULL \$ 78.00 GYM
STUDENTS /SENIORS	\$ 11.00		<u>SENIORS</u>
STUDENTS (full time): 10% DISC : 3,6,12 MONTH M/SHIPS ONLY		3 MONTH	\$ 245.00 FULL \$180.00 GYM
DIRECT DEBIT : PER FORTNIGHT			6 MONTH \$225.00 12 MONTH \$425.00
6MTHS FULL: \$35.95		6 MONTH	\$ 400.00 FULL \$ 330.00 GYM
6MTHS GYM: \$32.95			<u>VISIT CARDS</u>
12 MTHS FULL: \$29.95		12 MONTH	\$ 640.00 FULL \$ 555.00 GYM
12 MTHS GYM: \$27.95			10 VISITS \$ 95.00 20 VISITS \$170.00
RECIPROCAL RIGHTS ARRANGEMENT!!			
City Gym & Fitness Centre			ALL PRICES INCLUSIVE OF G.S.T.
Level 1, 63 Light Square, Adelaide 5000			
Ph:08 8912 4866			
www.citygymsa.com			
CHILD MINDING: MON-FRI 9AM-10.00AM			
\$4.00 1ST CHILD, \$ 2.00 ADDITIONAL CHILDREN P/HOUR			

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am	BODY PUMP Mandy Dee's Kettlebell Members \$10	MEDLEY Mandy	BODY ATTACK Mandy Dee's Kettlebell Members \$10	BODY PUMP Fi	BODY STEP Liz		
8.00am						BODY PUMP TECHNIQUE Thea	
8.15am						SPIN CYCLING Lou/Bec	
8.30am						BODY PUMP Mandy	
9.00am	BODY PUMP Pamela	BODY STEP Pamela	SPIN CYCLING Tash	BOOT CAMP Deirdre	BODY PUMP		
9.30am						STEP Pamela	
10.30am	BE STRONG STAY YOUNG Nikki.H		BE STRONG STAY YOUNG Deirdre		BE STRONG STAY YOUNG Deirdre	STRETCH Catie	BODY ATTACK Rosie / Mandy /Joy
11.30am						BOXERCISE Nicki.G	BODY PUMP Lou
12.15pm	BODY ATTACK Fi	BODY PUMP Fi	BODY STEP Pamela	BODY PUMP Pamela	PILATES Brooke		
1:00 pm	BODY PUMP Pamela	PILATES Sharon	BODY PUMP Fi				
4.45pm	BODY TONE Amanda	BODY STEP Liz	STRETCH Adrienne	BOXERCISE Nicki.G			
5.15pm					SPIN CYCLING Catie		
5.30pm	SPIN CYCLING Zane	SPIN CYCLING Bec	SPIN CYCLING Lou	BODY ATTACK Rosie	Body Pump Mandy		
	TBT/FITBALL Mandy	BODY PUMP Liz	HARDCORE AB TRAINING Mandy BODY STEP Sharlene				
6.15pm	Dee's Kettlebell Members \$10		Dee's Kettlebell Members \$10				
6.30pm	BODY PUMP	BODY BALANCE Mandy	BODY PUMP Rosie	STRETCH Catie			

CLASS DESCRIPTION

BODY TONE:

A low impact class incorporating an extensive muscle conditioning, and training component. Suitable for all levels of fitness.

STEP: Free-style step, great for toning, suitable for all levels

STRETCH: A warm-up segment followed by a concentrated stretching segment to increase flexibility.

TBT/FITBALL:

Targeting the Tummy, Bums & Thighs, a non-impact toning workout, incorporating core strength training.

BE STRONG, STAY YOUNG:

For our more-mature member we offer this non-impact full body workout. Incorporates, the Fit Ball, Rubber Bands, Step and a bit of Resistance training and weight bearing exercise. Suitable for all levels.

BODY PUMP TECHNIQUE:

A half hour class teaching the correct techniques to body pump.

BODY PUMP: (*LES MILLS ROUTINE*)

A full body workout using the Body Bar, varying the weights to suit your level.

BODY STEP: (*LES MILLS ROUTINE*)

A complete body work out, both cardio and strength/conditioning elements with simple choreography.

BODY BALANCE: (*LES MILLS ROUTINE*)

Responding to the Huge Popularity of yoga and pilates, **BODY BALANCE** combines the benefits of these exercise forms as well as other eastern disciplines, into one challenging and invigorating experience using a unique blend of movement and music.

BODY ATTACK: (*LES MILLS ROUTINE*)

Recommended for people with moderate to high levels of fitness. **BODY ATTACK** is the most athletic class you will ever do, 55 minutes of simpler cardiovascular interval training routines, combining high intensity aerobics with strength and stabilisation exercises. Lots of Hard driving music

BOXERCISE:

A full challenging body workout using gym and boxing equipment in a circuit class format. Elevates the heart rate and burns fat.

SPIN CYCLING:

An indoor stationary cycling workout that is instructor-led and fuelled by motivating music. All levels of participants are welcome because each member controls the speed and difficulty at all times.

(PLEASE BOOK)

HARDCORE AB TRAINING

Exercises to penetrate your abs from every possible angle, resulting in flatter, more toned and defined abs. (Please bring a mat)

MEDLEY

A combination of classes, incorporating both cardio and resistance work, followed by a cool down and stretch. Suitable for all levels of fitness.

DEE'S KETTLEBELL

Darwin's first indoor bootcamp using kettlebells and dumbbells offers 30 to 45 minutes of real workout that gives real results! Only \$10 for members