

Christmas Gift for Just \$130

All beautifully wrapped with a monogrammed towel valued at \$45

Choose from:

Either A Trial **Membership** for one month

Or 2 x 30 minute **Personal Training** sessions with Jesse, Katrina, or Loretta

Or 1 x 50 minute **Hydrotherapy** or **Pilates Reformer** session with an Exercise Physiologist



Date	Opening Hours	Associate Members <i>Wellness class participants may attend at any time unsupervised over the Christmas/New Year using their clipcard</i>
Mon Dec 23	5.30am—2.00pm	Classes as normal till 2pm <u>No</u> supervised Lungs in Action 2pm or Mystery Class 6pm
Tues Dec 24	5.30am—2.00pm	Classes as normal till 2pm <u>No</u> Pilates Class 6pm
Wed Dec 25	CLOSED	Xmas Day
Thur Dec 26	CLOSED	Boxing Day
Fri Dec 27	5.30am— 2.00pm	6:00am Mystery Class (Nathan) 45 minutes 8:00am Aqua (Wanda) 45 minutes 9.00am Pilates (Wanda) 45 minutes
Sat Dec 28	7.00am—12.00pm	7:00am Aqua (Jesse) 45 minutes 8.00am Coaching Class (Jesse) 45 minutes 10.00am Pilates (Jesse) 45 minutes
Sun Dec 29	3.30pm—6pm	No Classes
Mon Dec 30	5.30am—2.00pm	6.00am Circuit (Jesse) 45 minutes 8.00am Aqua (Jesse) 45 minutes 10.00am Aqua (Jesse) 45 minutes
Tues Dec 31	5.30am—2.00pm	6.00am Aqua (Jesse) 45 minutes 9.00am Circuit (Jesse) 45 minutes 10.00am Pilates (Wanda) 45 minutes
Wed Jan 1	CLOSED	New Years Day
Thur Jan 2	5.30am—2.00pm	6.00am Stretch (Jesse) 45 minutes 8.00am Aqua (Ben) 45 minutes 9.00am Pilates (Wanda) 45 minutes
Fri Jan 3	5.30am—2.00pm	6.00am Mystery Class (Nathan) 45 minutes 8.00am Aqua (Jesse) 45 minutes 9.00am Circuit (Jesse) 45 minutes
Sat Jan 4	7.00am—12.00pm	7.00am Aqua (Wanda) 45 minutes 8.00am Coaching Class (Wanda) 45 minutes 10.00am Pilates (Wanda) 45 minutes
Sun Jan 5	3.30pm—6.00pm	No Classes
Mon Jan 6	5.30pm—7.00pm	Return to normal schedule