

# Group Exercise Class Schedule

Schedule for December 1 – December 15

Monday      Tuesday      Wednesday      Thursday      Friday

Scan QR Code or select Member Portal link below to register for classes



[Member Portal](#)

## PURCHASE OPTIONS

- **DECEMBER SPECIAL \$25: Unlimited Class Pass**
- \$40: 4 Drop-in Passes
- \$12: 1 Drop-in Pass

Prices don't include GST

	Monday	Tuesday	Wednesday	Thursday	Friday
11am					
12pm		<b>Total Body Blitz</b> 12:00 -12:45pm with Marjorie <b>LAST CLASS 12/13</b>	<b>StrongerU</b> 12:00 -12:45pm with Tara <b>LAST CLASS 12/14</b>	<b>Pilates Fusion</b> 12:00 -12:45pm with Nicole <b>LAST CLASS 12/15</b>	
1pm					

- Space is limited
- Class registration opens 7 days in advance
- Please bring your own yoga mat to Pilates Fusion
- Schedule/instructors are subject to change

# Class Descriptions



**Total Body Blitz:** A choreographed strength training class that is suitable for all levels of experience. A rapid fat-blasting workout designed to condition and tone muscles using dumbbells, with focus on targeted muscle groups that deliver a total body shred.

**LAST CLASS DECEMBER 13**



**Pilates Fusion:** Yoga and Pilates elements, with more movement. Gain better balance, flexibility, and mobility with this fun style of body-weight exercise. Please bring your own mat.

**LAST CLASS DECEMBER 14**



**StrongerU:** This strength focused class is designed to work all your major muscle groups. The class uses a variety of equipment including dumbbells, kettlebells and body bars. You will improve your muscular power, strength and endurance. This class is sure to appeal from the novice to the advanced as you are guided on improving your own personal fitness. \*No burpees will be done in this class. **LAST CLASS DECEMBER 15**

# Class Pass Options and Registration



## DECEMBER SPECIAL - Unlimited Class Pass (\$25.00+gst)

The group exercise Unlimited Class Pass allows for an unlimited number of drop-in classes for the month that it is purchased, and the digital pass is added to the member's account. Valid for any class in the group exercise schedule. After the expiration date, the pass is no longer active. The next month's pass becomes available for purchase on the first business day of the month, for that month.



## 4 Class Pass (\$40.00+gst)

With this pass, members can attend 4 group exercise classes on the schedule. No expiry date. Valid for any class. After the 4 passes are used up the pass is no longer useable.



## Single Class Pass (\$12.00+gst)

With this pass, members can attend 1 group exercise class on the schedule. No expiry date. Valid for any class. After the pass is used up the pass is no longer useable.

### How to Purchase Passes and Register for Classes

1. Sign in to the member portal. Link is on the first page. Login with email address and password.
2. Select the **STORE** tab to find the pass options. Select a pass and follow prompts to purchase using a credit card. Once purchased, the pass will appear on member account.
3. After purchasing, go to the **BOOK NOW** tab to find the weekly class schedule. Select the class you would like to book a spot for and select book now. You are set! Please cancel if you can no longer attend class, as space is limited and others may be on the waitlist.