



# Group Fitness Classes

Stay Healthy & Fit With Us - there is something to suit everyone



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Step Strong 9.30am</b> Step Reebok + Pump for conditioning. Suit Beginner to Intermediate</p> <p><b>Aqua 9.30am</b> Mildly energetic water workout designed to improve cardio fitness without the impact.</p> <p><b>Teen Circuit 5.00pm</b> Secondary College Students Fun Filled Variety Class</p> <p><b>Circuit X-Training 6.00pm</b> Circuit style class is an energetic class using high intensity exercises &amp; activities to achieve a great cardio &amp; conditioning workout</p> <p><b>Aqua 6.30pm</b> Mildly energetic water workout designed to improve cardio fitness without the impact.</p>	<p><b>Cardio X-Train 9.30am</b> Energetic class using high intensity exercises &amp; activities to achieve a great cardio &amp; conditioning workout</p> <p><b>Hot Cycle 6.00pm</b> 40 minutes Cycle plus abdominals stretch. Suit beginner</p> <p><b>Step Plus 6.00pm</b> 30 minute Step Reebok plus 30 minutes boxing pump or abdominals</p>	<p><b>Interval Circuit 9.30am</b> Beginners welcome. Low impact circuit class designed to introduce participants to fat burning exercise</p> <p><b>Aqua 9.30am</b> Mildly energetic water workout designed to improve cardio fitness without the impact</p> <p><b>Circuit X-Training 6.00pm</b> Circuit style class is energetic using high intensity exercises &amp; activities to achieve a great cardio &amp; conditioning workout</p> <p><b>Pump 6.00pm</b> Complete muscle conditioning to increase muscle tone Suit Beginner to intermediate</p> <p><b>Aqua 6.30pm</b> Mildly energetic water workout designed to improve cardio fitness without the impact</p>	<p><b>Anything &amp; Everything 6.30am</b> Expect the unexpected where anything &amp; everything goes - boxing, running, pump, circuit &amp; cycle.</p> <p><b>Step Xpress 9.30am</b> Step Reebok-beginner to intermediate fitness level. Great fat loss class for hips and thighs plus abdominal toning and stretch</p> <p><b>* FUSION (Pilates / Yoga)</b> (* Denotes pre-paid program Bookings Essential Details at SHF Reception)</p> <p><b>Hot Cycle 6.00pm</b> 40 minutes Cycle plus abdominals stretch. Suit beginner</p>	<p><b>Thump Boxing 9.30am</b> 60 minute fat burning cardiovascular workout utilising boxing techniques. No contact only fun &amp; fitness. Suit intermediate &amp; above</p> <p><b>Aqua 9.30am</b> Mildly energetic water workout designed to improve cardio fitness without the impact</p> <p><i>For our Full Membership Price List</i></p> <p><i>Please visit our website</i></p> <p><a href="http://www.sporties.com.au">www.sporties.com.au</a></p> <p><i>or call in &amp; see us at Snell Road Barooga</i></p>	<p>Open 8.00am - 12noon</p> <p>Free to do your own thing</p> <p><b>SPORTIES HEALTH &amp; FITNESS MEMBERSHIP PRICES</b></p> <p><b>MEMBERSHIP</b></p> <p><i>P.T. Plus:</i> 12 months single + 6x30 minute P.T sessions <b>\$595</b> (\$11.44 per week)</p> <p><i>Standard</i> 12 months single <b>\$495</b> (\$9.51 per week)</p> <p><i>Adult Only</i> 12 months x 2 Adults Only (Two cohabiting adults joining for 12 months) <b>\$695</b> (13.36 per week)</p>	<p>Open 8.00am - 12noon</p> <p>Free to do your own thing.</p> <p><b>CASUAL VISITS</b></p> <p><b>Full Access Adult \$15</b></p> <p><b>Full Access Senior 60/Concession \$7</b></p> <p><b>Wet Area Adult \$9</b></p> <p><b>Wet Area Senior 60/Concession \$7</b></p> <p><b>Wet Area (Under 14) \$4</b></p>



## HEALTH & FITNESS STAY HEALTHY & FIT WITH US

★ **MODERN GYM**  
Stairmaster treadmills  
Assorted cardio equipment  
Pin loaded and free weights  
Aerobic classes

★ **INDOOR AQUATIC CENTRE**  
25m heated pool  
Spa & sauna  
Aquarobic classes

★ **FRIENDLY STAFF**  
Creche  
Personal exercise programs  
Great membership rates  
Casual visits welcome

**03 5873 4644**  
Snell Rd, Barooga NSW 3644  
[www.barooogasports.com.au](http://www.barooogasports.com.au)



Hours of Operation: Mon to Thurs 6.15am-8.00pm, Fri 6.15am-7.00pm, Sat to Sun 8.00am-12noon