



STARTS – 19th February 2018

GYM OPENING HOURS

MONDAY	5:30am – 8pm
TUESDAY	5:30am – 8pm
WEDNESDAY	5:30am – 8pm
THURSDAY	5:30am – 8pm
FRIDAY	5:30am – 8pm
SATURDAY	7am - 7pm

FOREVER ACTIVE

Is a program to suit our more mature members of our community. It includes 30 minutes in the Group Fitness Room and 30 minutes on the Gym Floor.

It is our aim to set a fun and safe environment where our senior members feel comfortable and at home.

Please respect that some equipment will be set up as per requirements of the Forever Active session.

BOOK ONLINE FOR OUR GROUP FITNESS CLASSES! (Please turn over for Group Fitness Class Timetable)

- Members – Go to our website www.highcountryfitness.com.au and press the “Book Fitness Class” button
- Not a Member Yet? – To get you started please call us on (02) 6456 2296 or come in and see us

High Country Fitness programs & services

The High Country Fitness Gym offers a fun, friendly atmosphere with a great range of cardio and weight training equipment. Qualified staff are on hand at all times to spot, motivate and help you get the most out of each and every workout!

With personal attention that often feels like personal training, all your workouts are an experience!

We have a purpose built group fitness room with a state of the art virtual fitness class set up to accompany our live group fitness classes.

We also have a purpose built RPM Cycle Studio.

We also offer...

- Personal & Small Group Training - *Anywhere... Indoors, Outdoors or we will come to you!*
- Personal Programs - *Tailor made for you*
- Fitness Retreats - *Tailor made to suit you*
- Various Body Blitz Boot Camps - *throughout the year*
- Although there are age restrictions when it comes to weight training, we have the knowledge to work with various ages.

You must be 14 and over to become a member at High Country Fitness and if you are under the age of 16, you will require a personal program tailor made for you.

If you have children under the age of 14 that would like to train with us, please make an appointment to see us.

We will advise the best and safest training for your child as he / she develops.

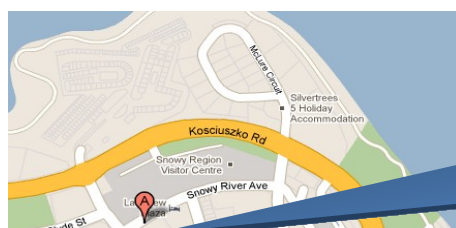
If you have any further questions please ask our team,

Call (02) 6456 2296 or email us info@highcountryfitness.com.au

www.highcountryfitness.com.au

facebook.com/highcountryfitness

[Instagram High Country Fitness](https://instagram.com/HighCountryFitness)























































High Country Fitness
Number 1 Snowy River Avenue
Jindabyne NSW 2627

(02) 6456 2296

GROUP FITNESS CLASS TIMETABLE

STARTS – Monday 19th February 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	 30	H.I.I.T OF THE DAY 5:35am – 7:30am 15 – 60 min	 30	H.I.I.T OF THE DAY 5:35am – 7:30am 15 – 60 min		
6:15am	 50 Min - LIVE CLASS  60		 50 Min - LIVE CLASS  60		 50 Min - LIVE CLASS  60	
7:35am	 30	 30	 30 Min - Flexibility	 30	 30	 60
8am		H.I.I.T OF THE DAY 8:15am - 9:15am 15 – 60 min		H.I.I.T OF THE DAY 8:15am - 9:15am 15 – 60 min		 60 Min - LIVE
9:30am	 60		 60		 60 Min - LIVE CLASS	 30
10am		FOREVER ACTIVE 60 Min - LIVE CLASS		FOREVER ACTIVE 60 Min - LIVE CLASS		
10:45am	 60		 45		BUILD YOUR CORE 60 Min - LIVE CLASS	 60
11:55am	 30	 30 - Strength	 30	 30	 30	
12:30pm	 50 Min - LIVE CLASS  45	 60	 50 Min - LIVE CLASS  30	 60	 30	H.I.I.T OF THE DAY 12:30pm – 2pm 15 – 60 min
1:15pm			 30 Min - Strength		 30 Min - Flexibility	
2pm		FOREVER ACTIVE 60 Min - LIVE CLASS		FOREVER ACTIVE 60 Min - LIVE CLASS		
3:45pm	 30	H.I.I.T OF THE DAY 3:45pm – 6:30pm 15 – 60 min	 30		 30	 45
5:30pm	 60 Min - LIVE CLASS		 60 Min - LIVE CLASS	 30	 60	 60
5:45pm		 50 Min - LIVE CLASS		 50 Min - LIVE CLASS		
6:45pm	 60	 60	 30	 60	 30	

The number of participants is limited in each class, so please book in to avoid the disappointment of missing out!

 = **VIRTUAL CLASSES** are identified by this logo

The small number 30, 45 or 60 gives you the length in minutes of that particular virtual class.

Equipment for all Group Fitness Classes is provided.