



STARTS – 2nd October 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.

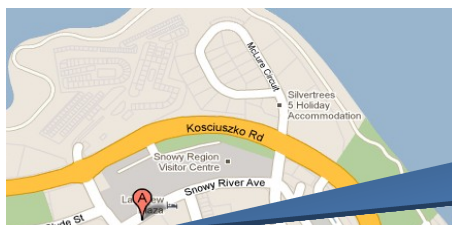
If you have any further questions please ask our team,

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 – Tuesday 2nd October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	30	H.I.I.T Between 5:35am – 7:30am	30	H.I.I.T Between 5:35am – 7:30am	30 Min – Strength	
6:15am	50 Min - LIVE CLASS		50 Min - LIVE CLASS		50 Min - LIVE CLASS	
6:20am	60		60		60	
7:35am	30	30	30 Min - Flexibility	30	30	60
8am						60 Min - LIVE
9am		45		45		
9:30am	60		60		60 Min - LIVE CLASS	30
10am		FOREVER ACTIVE 60 Min - LIVE CLASS		FOREVER ACTIVE 60 Min - LIVE CLASS		
10:45am			45		BUILD YOUR CORE 60 Min - LIVE CLASS	60
11:55am	30	30 Min - Strength	30	30	30	
12:30pm	50 Min - LIVE CLASS		50 Min - LIVE CLASS			H.I.I.T Between 12:30pm – 3pm
1:15pm	45	60	30	60	30	
2pm		FOREVER ACTIVE 60 Min - LIVE CLASS		FOREVER ACTIVE 60 Min - LIVE CLASS		
3:45pm	30		30		30	45
5:30pm	60 Min - LIVE CLASS		60 Min - LIVE CLASS		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.