



SPRING 2015

GYM OPENING HOURS

	MORNING SESSION	AFTERNOON SESSION
MONDAY	5:30am – 2pm	4pm – 8:00pm
TUESDAY	5:30am – 2pm	4pm – 8:00pm
WEDNESDAY	5:30am – 2pm	4pm – 8:00pm
THURSDAY	5:30am – 2pm	4pm – 8:00pm
FRIDAY	5:30am – 2pm	4pm – 8:00pm
SATURDAY	7am (OPEN ALL DAY)	7pm

FITNESS CLASS TIMETABLE

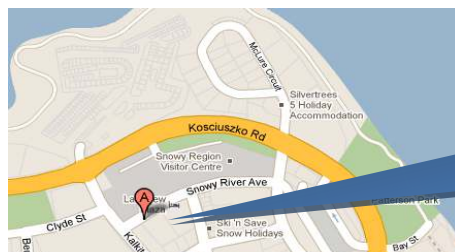
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am	LES MILLS RPM CIRCUIT	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM CROSS BOX FIT	
8am						LES MILLS RPM 60 Min
9:15am						HARD CORE / STRETCH 45 Min
9:30am	LES MILLS BODYPUMP				LES MILLS BODYPUMP	
10:30am					LES MILLS BODYBALANCE	
12:30pm	LES MILLS RPM 30 Min	LES MILLS BODYPUMP 50 Min	LES MILLS RPM 30 Min	LES MILLS BODYPUMP 50 Min		
1:45pm		FOREVER ACTIVE			FOREVER ACTIVE	
5:30pm	LES MILLS BODYPUMP	LES MILLS RPM CROSS BOX FIT 50 Min	LES MILLS BODYPUMP	LES MILLS RPM		
6:30pm	LES MILLS BODYBALANCE	HARD CORE / STRETCH 45 Min	LES MILLS BODYBALANCE	HARD CORE / STRETCH 45 Min		

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

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



RPM™ - Ride to the rhythm of powerful music to a calorie-burning endorphin high!



BODYPUMP™ - The original barbell workout that strengthens and tones your entire body & gets you results!



BODYBALANCE™ - The Yoga, Tai Chi, Pilate's workout that leaves you feeling flexible, strong, centred & calm.

CROSS BOX FIT

A challenging full-body workout, that will make you work and sweat.

Each Class Incorporates Boxing, Strength Training, Circuit Training, Core Work and Cardiovascular Conditioning.

This will get you into amazing athletic shape super fast and always throw some surprises at you!

CIRCUIT

Kick-start your week and get it moving in the right direction with our awesome circuit smash!!!

HARD CORE / STRETCH

Sick of complaining about a sore back & a weak core? Let's face it none of us do enough core work or stretching!

This 45-minute class consists of 30 minutes of concentrated Core work and 15 minutes of Stretching.

It's for everyone at any level & needs to be part of your fitness routine!

FOREVER ACTIVE

Forever Active is a program to suit our more mature community members. A fully supervised class focussed on improving cardiovascular endurance, strength, balance and flexibility set in a fun, social group environment surrounded by people of your own age group at a pace you set.

EQUIPMENT FOR ALL FITNESS CLASSES IS PROVIDED

Classes are varied in length and specified on timetable where necessary.

All 12:30pm classes are shorter in length so you can come in your lunch break!

ABOUT THE GYM

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!

Other High Country Fitness programs & services INCLUDE:

- ✓ Personal & Small Group Training
- ✓ Personal Programs
- ✓ Fitness Retreats
- ✓ Various Body Blitz Boot Camps

You must be over 14 years of age to attend all fitness classes & work out in the gym alone.

If 16 and under, special conditions apply.

We have great programs for the age groups 12 – 14 years & 14 – 16 years old. Ask us how to get started!

If you have any further questions please ask our team, call (02) 6456 2296, pick up a specific program flyer or check out:

www.highcountryfitness.com.au facebook.com/highcountryfitness Instagram - High Country Fitness