



Starts Monday 22nd May 2017

GYM OPENING HOURS

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

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.

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



High Country Fitness
Number 1 Snowy River Avenue
Jindabyne NSW 2627
(02) 6456 2296



GROUP FITNESS CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	 LESMILLS CXWORX 30	 LESMILLS BODYCOMBAT 30	 LESMILLS CXWORX 30	 LESMILLS BODYCOMBAT 30	 LESMILLS BODYPUMP 30	
6:15am	 LESMILLS RPM	 LESMILLS RPM	 LESMILLS RPM	 LESMILLS RPM	 LESMILLS RPM	
	 LESMILLS BODYCOMBAT 30		 LESMILLS BODYPUMP 30		 LESMILLS BODYCOMBAT 30	
7am	 LESMILLS BODYPUMP 30		 LESMILLS BODYCOMBAT 30		 LESMILLS SH'BAM 30	
7:35am	 LESMILLS BODYCOMBAT 30	 LESMILLS CXWORX 30	 LESMILLS BODYBALANCE 30	 LESMILLS BODYPUMP 30	 LESMILLS CXWORX 30	 LESMILLS BODYPUMP 60
8am						 LESMILLS RPM
9:30am	 LESMILLS BODYPUMP 60	 LESMILLS BODYCOMBAT 60	 LESMILLS BODYPUMP 60	 LESMILLS SH'BAM 45	 LESMILLS BODYPUMP	 LESMILLS CXWORX 30
10:45am	 LESMILLS BODYBALANCE 60	FOREVER ACTIVE	 LESMILLS SH'BAM 45	FOREVER ACTIVE	BUILD YOUR CORE	 LESMILLS BODYBALANCE 60
11:55pm	 LESMILLS CXWORX 30	 LESMILLS BODYBALANCE 30	 LESMILLS CXWORX 30	 LESMILLS BODYCOMBAT 30	 LESMILLS CXWORX 30	
12:30pm	 LESMILLS RPM	 LESMILLS BODYPUMP	 LESMILLS RPM			
	 LESMILLS SH'BAM 45		 LESMILLS BODYCOMBAT 30	 LESMILLS BODYPUMP 30	 LESMILLS BODYBALANCE 30	 LESMILLS BODYPUMP 60
1:30pm	 LESMILLS BODYPUMP 30		 LESMILLS SH'BAM 30		 LESMILLS BODYPUMP 30	
1:45pm		FOREVER ACTIVE		FOREVER ACTIVE		
2:30pm	 LESMILLS CXWORX 30					
4pm						 LESMILLS SH'BAM 45
5:30pm	 LESMILLS BODYPUMP	 LESMILLS BODYCOMBAT 60	 LESMILLS BODYPUMP	 LESMILLS BODYCOMBAT 60	 LESMILLS BODYPUMP 60	 LESMILLS BODYBALANCE 60
5:45pm		 LESMILLS RPM		 LESMILLS RPM		
6:45pm	 LESMILLS BODYBALANCE 60	 LESMILLS BODYPUMP 60	 LESMILLS CXWORX 30	 LESMILLS BODYBALANCE 60	 LESMILLS SH'BAM 45	 LESMILLS BODYPUMP 60
7:55pm	 LESMILLS CXWORX 30	 LESMILLS BODYCOMBAT 30	 LESMILLS BODYBALANCE 30	 LESMILLS CXWORX 30	 LESMILLS SH'BAM 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 virtual 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