



# Starts 10<sup>th</sup> June 2025

## 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	5:30am – 8:30pm

### FOREVER ACTIVE

To suit everyone over 60 years of age!  
Set in a fun & safe environment to ensure our over 60's feel comfortable and at home.  
Our Forever Active session includes a mix of work in the Group Fitness Room and on the Gym Floor.  
Please respect that some equipment will be set up as per requirements of each session.

### SO MANY WAYS TO BOOK IN TO OUR GROUP FITNESS CLASSES...

Download our Wellness Living Achieve Client App



Book Online



In Person



Call (02) 6456 2296



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

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

### State-of-the-Art Group Fitness & Cycle Studios

Our Group Fitness Studio and Cycle Studio are equipped with the latest virtual fitness class setups, complementing our live classes to give you even more options to stay motivated and on track!

### Professional Services We Offer:

Personal & Small Group Training | Custom Personal Programs | Fitness Retreats | Variety of Boot Camps

### Teen Training at High Country Fitness

We understand the importance of safe and effective training for teens.

While there are age restrictions for weight training, we've created specific protocols for young athletes aged 14–16 to ensure they train safely as they grow.

Our knowledgeable staff are here to guide your child through the best and safest training practices.

For children under 14, we offer personal training options to keep them engaged in fitness safely.

Our friendly team is always here to help!

Reach out to us at: ☎ (02) 6456 2296 | ✉ [info@highcountryfitness.com.au](mailto:info@highcountryfitness.com.au)

### Visit Us:

1 Snowy River Avenue, Jindabyne NSW 2627

### Stay Connected:

🌐 [highcountryfitness.com.au](http://highcountryfitness.com.au) | 📱 Facebook: High Country Fitness | 📷 Instagram: @HighCountryFitness