



# Starts 3<sup>rd</sup> October 2023

## GYM OPENING HOURS

MONDAY	5:30am	–	8pm
TUESDAY	5:30am	–	8pm
WEDNESDAY	5:30am	–	8pm
THURSDAY	5:30am	–	8pm
FRIDAY	5:30am	–	8pm
SATURDAY	6:30am	–	6:30pm

### ACTIVE FOREVER

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 Active Forever 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 GYM & GROUP FITNESS CLASSES...

Download our Wellness Living Achieve Client App



Book Online



In Person



Call (02) 6456 2296



## 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 Studio with a state of the art virtual fitness class set up to accompany our live group fitness classes.

We also have a purpose built Cycle Studio.

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 over the age of 10 who wish to train with us at High Country Fitness, 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 friendly team.

(02) 6456 2296 or [info@highcountryfitness.com.au](mailto:info@highcountryfitness.com.au)

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