



Starts 8th October 2024

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

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 GYM & GROUP FITNESS CLASSES...

Download our Wellness Living Achieve Client App



Book Online



In Person



Call (02) 6456 2296



Our High Country Fitness club 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.

We offer many professional services including:

Personal & Small Group Training | Personal Programs | Fitness Retreats | Various Boot Camps

TEEN TRAINING:

Although there are age restrictions with weight training, we have the knowledge to work with various ages.

We have set Teen Training times for children aged 14, 15 and 16.

This is necessary as we advise the best and safest training for your child as he / she develops.

If you have children under the age of 14 who wish to train with us at High Country Fitness, we have personal training available.

If you have any further questions please ask our friendly team.

(02) 6456 2296 or info@highcountryfitness.com.au

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highcountryfitness.com.au | facebook.com/highcountryfitness | Instagram High Country Fitness

