



# Starts June 2026

## GYM OPENING HOURS

### STAFFED HOURS

7am – 7pm Monday – Saturday

### FOB ACCESS (*Unstaffed Hours*)

4am – 11pm 7 Days a week!

### **FOREVER ACTIVE** (*Tuesday & Thursday*)

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 Studio and on the Gym Floor.

When our gym floor is busy, the class will take place entirely in our Group Fitness Studio.

### WAYS TO BOOK IN TO OUR GROUP FITNESS CLASSES AND INFRARED SAUNA ...

Download our Member 360 Client App



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 have created specific protocols for young athletes aged 15–17 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 15, we offer personal training options to keep them engaged in fitness safely.

**Note: FOB ACCESS (*Unstaffed Hours*) available only for 18 and over.**

(As per our unstaffed access terms, conditions and member guidelines, in select circumstances only, High Country Fitness management may approve unstaffed access for selected members aged 16 – 17).

Our friendly team are always here to help! ☎️ (02) 6456 2296

✉️ [info@highcountryfitness.com.au](mailto:info@highcountryfitness.com.au)

### **Visit Us:**

1 Snowy River Avenue, Jindabyne NSW 2627