



Fitness Centre Classes

Monday's:

Active Older Adults (Low impact class / for anyone getting back into fitness)
Pure ZUU
Box Fit

10:00am — 10:45am
7:15pm — 8:00pm
8:00pm — 8:45pm

Wednesday's:

Metafit
Core Foundations

6:00pm — 6:30pm
6:30pm — 7:15pm

Thursday's:

Pure ZUU
Box Fit
Circuit

9:00am — 9:45am
10:00am — 10:45am
6:00pm — 6:45pm

Friday's:

Metafit
Core Foundations
Teen Circuit (Parents welcome to come and train with your teenager)

9:00am — 9:30am
9:30am — 10:00am
4:15pm — 5:00pm

All classes are FREE for Fitness Centre members or \$5 per person, per class.