

TIMETABLE

MON	TUES	WED	THURS	FRI	SAT
	6.30AM X-TRAINING	6.30AM X-TRAINING		6.30AM STRENGTH	9.00AM OPEN GYM
	7.15AM STRENGTH	7.15AM X-TRAINING		7.15AM X-TRAINING	
	9.30AM MUMS&BUB	12.30PM X-TRAINING	12.30PM X-TRAINING	12.30PM STRENGTH	10.30AM X-TRAINING
5.45PM X-TRAINING	5.45PM X-TRAINING		5.30PM X-TRAINING		
6.30PM X-TRAINING	6.30PM STRENGTH	6.15PM X-TRAINING	6.15PM STRENGTH		
	7.15PM X-TRAINING	7.00PM STRENGTH			

DESCRIPTIONS

X-TRAINING: A powerful mix of cardio and weight training for increasing fitness and lean muscle fast. A varied format that combines HIIT (High Intensity Interval Training) with equipment like kettlebells, TRX straps, and Olympic weights. Because group sessions are small, workouts are tailored to your level, even beginners can attend.

STRENGTH: Predominately weights sessions for getting stronger and toning muscle. Learning the correct weight-training techniques will help you get maximum results, prevent injury, and ensure you feel confident lifting. We recommend attending at least 2 strength sessions before X-TRAINING.

OPEN GYM: A longer version of our regular strength sessions, more rest between sets so you can go heavier and combine it with a coffee and a bit of a chat.

MUMS&BUB: Get a workout and bring your baby. Don't just sit around in your mother's group complaining about being fat, come and join ours and do something about it! Suitable for mothers with non-mobile babies.

RATES

At MY GYM we don't believe in signing people up for life so none of our memberships have contract periods. We do think that when you train hard and get the results you're after you will want to stick with us.

PAY PER SESSION: \$36

10-SESSION PASS: \$299 (Hiscoes members \$270)

MEMBERSHIP OPTIONS: Rate includes your Hiscoes Membership Fee

Group Personal Training sessions per week	Price per week, direct debit no minimum term
2	\$65
UNLIMITED	\$75