

MY GYM TIMETABLE 2011

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--------------------------|-----------------------|--------------------|-----------------------|-----------------------|--------------------|
| 6:30am | | STRENGTH | X-TRAINING | X-TRAINING | STRENGTH | |
| 7:15am | | STRENGTH | STRENGTH | X-TRAINING | X-TRAINING | |
| 8:00am | | | | | | |
| 9:00am | | | | | | X-TRAINING |
| 9:30am | <i>Mums+Bubs</i> | TRX X-TRAINING | | <i>Mums+Bubs</i> | TRX X-TRAINING | |
| 9:45am | | | | | | STRENGTH |
| 11:15am | | | | | | X-TRAINING |
| 12:00pm | | | | | | KICK-BOXING |
| 12:30pm | STRENGTH | F.I.T. | X-TRAINING | F.I.T. | | |
| 1:15pm | BOXING | X-TRAINING | BOXING | STRENGTH | | |
| 4:30pm | | | | | | |
| 5:10pm | STRENGTH* | X-TRAINING* | X-TRAINING* | TRX X-TRAINING | HEAVY | |
| 5:45pm | STRENGTH | X-TRAINING | Adv BOXING | X-TRAINING | METAL | |
| 6:30pm | X-TRAINING | F.I.T. | STRENGTH | BOXING | Free | |
| 7:15pm | Beginner's BOXING | X-TRAINING | F.I.T. | STRENGTH | Weights | |
| 8:00pm | X-TRAINING | STRENGTH | | | | |

DESCRIPTIONS

We have two types of training sessions at My Gym. The gold sessions on the timetable are what we call **Group Personal Training** sessions and we try to keep to a maximum of 6 participants. We ask people to book for these sessions so we can keep the numbers low and tailor the sessions to whoever is coming.

The black and white sessions on the timetable are what we call **Open/Drop-in Classes** and there is no need to book and no prior experience necessary for these sessions. You just need to turn up with a towel and a positive attitude.

X-TRAINING

Workouts are a powerful mix of cardio and weights for increasing fitness and lean muscle. The basic movements are pushing and pulling and use equipment like weights bars, chin-up bars, Olympic rings and Kettle Bells, as well as explosive moves like jumping on boxes. Sessions marked with * indicate 35 minute express sessions - if you have been attending for a while and are familiar with the workouts you can get it done faster.

X-TRAINING TRX

Starts with some interval cardio blasts to get your heart pumping, followed by an all-over workout focusing on your core using the TRX and finishes with stretching and balancing. The focus of each session changes each month and the routine is the same for the whole month eg. Power, endurance, strength

STRENGTH

Predominately weights sessions for getting stronger and toning muscle. Sessions are made up of various essential training moves. Learning these moves correctly will help you get maximum results, prevent injury, and ensure you feel confident using weights. We recommend attending at least 2 strength sessions before attending X-TRAINING.

F.I.T. (Functional Integrated Training)

The my gym version of BOOTCAMP but without the yelling and the carry-on. An interval training session similar to a circuit, out in the park, (unless its raining, or too dark, too hot etc, then we're in the studio), speed and agility drills: running around, jumping over things, throwing things and of course some push-ups and sit-ups – everything you hated about PE class at school! Guaranteed to get you FIT!

BOXING

Ever wondered why boxers are some of the fittest all-round athletes you'll ever see? Boxing is a great workout. Boxing at MY GYM includes: skipping, shadow-boxing, technique and cardio & conditioning drills. Boxing will improve your balance, coordination and confidence. Not to mention, great arms and make you feel tough! We recommend attending Monday night, beginner sessions first, if you have never done any boxing before, this is session is still a workout but with simple combinations. If you would like to try a bit of kicking as well – check out Saturdays class for a bit of Thai style kick-boxing.

PRE AND POST NATAL

If you have a baby who is happy in a stroller please join our "Mums+Bubs". The class meets by the "my gym" family wagon in the carpark at Sydney Park by the playground. Pre-natal mums can join our other workouts on the timetable and we will tailor them to suit you. Two of our trainers recently had babies and are very familiar with what you can and can't do.

PERSONAL TRAINING

If you are not confident to train in a group with people that appear to know what they are doing just yet or you have or recovering from an injury, maybe you can't make it to our session times or you just need a bit of TLC – you might want to get started on your exercise program with a few one on one sessions. By appointment with Mac, Lynsey Kai or Maria, email us or stop by the gym for details.

CONTACT: email info@mygym.net.au or phone MAC: 0448880810 or LYNSEY: 0403621276
Or stop in at Studio 1, 154 HENDERSON RD, or visit us online www.mygym.net.au



Small Group Training works just like personal training with out the price tag. Sharing your training session makes it a bit more fun, plus creates a bit of friendly competition so you work a bit harder than you would on your own. The beauty of having a studio rather than just training in the park means that you can never use the weather as an excuse not to train and get all the benefits of weight training as well, because we are not limited to using equipment that fits in the boot of a car. Most importantly Mac and Lynsey are not only highly experienced trainers but they are also interesting people. This means they can help you can train safely along with others of a different level and still get the workout that's right for you and it might not be as boring as you think!

Pricing starts from \$30/week for unlimited drop-in classes

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.

GROUP PERSONAL TRAINING - BOOKINGS ESSENTIAL

PAY PER SESSION: \$36
10-SESSION PASS: \$320

DROP-IN CLASSES (Boxing, FIT & MUMS+BUBS)

PAY PER SESSION: \$22
10-SESSION PASS: \$180

MEMBERSHIP OPTIONS:

| Group Personal Training sessions per week | Drop-in classes per week | Price per week, direct debit no minimum term |
|---|--------------------------|--|
| 0 | <i>unlimited</i> | \$30 |
| 1 | <i>unlimited</i> | \$45 |
| 2 | <i>unlimited</i> | \$55 |
| <i>unlimited</i> | <i>unlimited</i> | \$65 |

All memberships have a \$79 join fee, which includes your welcome to MY GYM recyclable bag, boxing wraps and nutrition guidelines

THINGS TO NOTE:

BOXING AND FIT are drop in classes so just "drop in". No need to let us know you're coming

STRENGTH AND X-TRAINING are Group Personal Training sessions so please book by calling or texting Mac 0448880810 or Lynsey 0403621276 or writing your name down while you're in the gym. And if you're not going to make it please let us know as this means there is room for others.

The gym is not open outside scheduled session times, unless you make an appointment.

If you want to hang around before or after your session to do some extra weights or a bit of cardio (or hang around Mac because you think he is cool,) you are most welcome, providing that we are not using the equipment for our class.

For Personal Training Pricing please refer to our website

www.mygym.net.au / info@mygym.net.au / 154 Henderson Rd, Alexandria