

MyGym is pleased to have combined forces with one of Sydney’s oldest and finest gyms, HISCOES, to bring their special brand of training to Surry Hills

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. Mac and Lynsey and their team are not only experienced trainers, but they are also interesting people. They can help you train safely along with others while still getting the workout that’s right for you and it might not be as boring as you think!

## MY GYM @ HISCOES TIMETABLE 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am		X-TRAINING	X-TRAINING		STRENGTH	
7:15am		X-TRAINING	STRENGTH		X-TRAINING	
9.45am						
10.30am						X-TRAINING
12:30pm		STRENGTH	X-TRAINING	X-TRAINING	STRENGTH	
1:15pm		X-TRAIN TRX		X-TRAINING		
4.30pm						
5:45pm	X-TRAINING	X-TRAINING				
6:15pm			X-TRAINING	X-TRAINING		
6:30pm	X-TRAINING	STRENGTH				
7:15pm		X-TRAINING				

### DESCRIPTIONS:

#### X-TRAINING

Workouts are a powerful mix of cardio and weights for increasing fitness and lean muscle. The basic movements use equipment like weights bars, chin-up bars, TRX and Kettle Bells, with explosive moves for a great all over workout.

#### X-TRAINING TRX

Starts with some interval cardio blasts to get your heart pumping, then follows with an allover workout focusing on your core using the TRX suspension trainer (have a look at [www.trxtraining.com](http://www.trxtraining.com)) and finishes with a good stretch. The focus changes monthly, from strength and conditioning to cardio and endurance.

#### STRENGTH

Predominately weights sessions for getting stronger and toning muscle. Sessions are made up of various essential training moves, like squats, lunges, chin-ups, push-ups and more! A weekly routine of one strength, one x-training session plus a spinning or boxing class or a run – makes for a great all over training routine.

### PRICING OPTIONS:

MyGym group training sessions per week	Price per week, direct debit no minimum term
1	\$26
2	\$45
3	\$58

\*Hiscoes membership additional see [www.hiscoes.com.au](http://www.hiscoes.com.au) for member benefits

Or: 10-SESSION PASS: \$320\* (discounted for current Hiscoes members to \$280)

FIND OUT MORE: email [info@mygym.net.au](mailto:info@mygym.net.au) or phone MAC: 0448880810 or LYNSEY: 0403621276  
Stop in at HISCOES, 525 Crown St Surry Hills, or visit us online [www.mygym.net.au](http://www.mygym.net.au)