

MYGYM GROUP TRAINING SCHEDULE 2014

M	T	W	T	F	S	S
	6.30am X-TRAINING	6.30am X-TRAINING		6.30am STRENGTH	9:00AM	
	7.15am STRENGTH	7.15am X-TRAINING		7.15am X-TRAINING	HEAVY METAL	
	9.30am MUMsBUBs	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				

*group size max 8, bookings essential

■ 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.

■ HEAVY METAL:

A longer version of our regular strength sessions, more rest between sets so you can go heavier, combine it with a coffee and a bit of a chat, not a bad way to start your Saturday.

■ MUMSnbUBS:

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.

WHY GROUP TRAINING?

Mac and Lynsey have been specializing in small group training for 6 years

Training in groups of 4-8 is more fun and more competitive than training alone so you get better results and stick at it. Our sessions are 45 mins and we don't have fancy equipment – we make you do the work – not a machine. We also use big full-body movements as much as possible: more work, less time = faster results.

You should experience similar benefits to personal training, but it's cheaper and more flexible with 20 sessions per week to choose from. We want you to work hard but have fun too, so you keep coming back. When it comes to exercise, intensity and regularity trump duration and specificity every time!

The best thing to do is try it for yourself, book at reception and have a go

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: \$330 (Hiscoes members \$290)

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	\$78

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GROUP TRAINING
STUDIO

WWW.MYGYM.NET.AU