



ANYINGINYI HEALTH ABORIGINAL CORPORATION—SPORT AND RECREATION

FITNESS TIMETABLE

26th October 2015 — 18th December 2015

	MON	TUES	WED	THURS	FRI
6.00AM		X-FIT	RIP 30	X-FIT	
12.15PM	RIP 30		CIRCUIT		BOXERCISE
5.30PM	(NETBALL)	WOMENS	(SOCCER)	WOMENS	(BASKETBALL)

RIP 30

This is a choreographed class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. Targets chest, back and legs. 30 mins

X-FIT

A strength and conditioning program with the aim of improving muscular strength, cardio-respiratory endurance and flexibility through circuit and tabata training. 30 minute class

BOXERCISE

This 30 minute class includes many of the conditioning exercises used by boxers. Including shadow boxing, combinations, pad workouts and core stability conditioning

CIRCUIT

Is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. We use deck of cards and circuit routines for this class

WOMENS

A women's only class with a range of light strength exercise and light aerobics in a circuit style format

MEMBERSHIP PRICES

CASUAL VISIT	\$10	10 SESSIONS	\$70
1 MONTH MEMBERSHIP	\$70	3 MONTH MEMBERSHIP	\$150
6 MONTH MEMBERSHIP	\$240	12 MONTH MEMBERSHIP	\$420

GYM OPENING HOURS

MONDAY—FRIDAY 6AM—8PM

SATURDAY—CLOSED

SUNDAY— 3PM-6PM