

AQUA AEROBICS

Aqua aerobics is designed to suit members with injury rehabilitation and/or moderate fitness levels. The class is stress-free on the joints and fantastic for your major muscle groups. You'll finish the class feeling refreshed, revitalised and relaxed.

BOXERCISE

Boxercise involves bag work, one on one pad training and body weight exercises, providing you with improvements in muscle tone, stamina, flexibility, endurance and your boxing technique.

CIRCUIT

A mixture of moderate to high intensity exercises to elevate your heart rate and make you feel great. We target strength building and muscular endurance in this high octane body conditioning class.

LEGS, GLUTES AND CORE

A personal training inspired workout, which trains the core, to help stabilise the spine and tone those little problem areas.

GROUP FITNESS

Group fitness is an exciting early morning exercise class incorporating aerobics, circuit training, step and weights. It's a fast-paced class providing you with improvements in strength and endurance and a great opportunity to socialise with other members.

PILATES

Pilates is a floor-based body-conditioning program which focuses on developing fluent, efficient, controlled and balanced movements. Pilates comprises a wide variety of exercises with differing degrees of difficulty, from easy to very difficult. With such a broad spectrum, your particular exercise needs will be more than satisfied in our Pilates classes.

One On One Pilates sessions are now available:

Please contact the Sports Director, Jarrad Wright on 9829 1533 for further details.

BOOTCAMP

Bootcamp greatly assists your strength and cardiovascular fitness through a combination of weights and circuit training. Bootcamp caters for all ages and fitness levels.

YOGA

We teach Hatha Yoga, Gita style, which is very accessible for everyone of any age. Hatha Yoga aims to balance body, mind and spirit and helps people become fitter, stronger and more flexible.

One On One Yoga sessions are now available:

Please contact the Sports Director, Jarrad Wright on 9829 1533 for further details.

FLEXIBILITY TRAINING

A class designed to improve range of motion and mobility with a combination of passive, dynamic and P.N.F partner stretching. The class includes simple flexibility exercises based from principles of gymnastics training and Pilates.

SWIM SQUAD

Swim Squad includes swimming drills, distance training and general squad training. Improving your swimming technique is the focus for our instructors and all swimming abilities are accommodated.

PERSONAL TRAINING

This is a one-on-one session with a qualified Personal Trainer to help you achieve your individual goals and improve your fitness. Personal Training, Pilates and Yoga sessions are available by appointment. Contact the Sports Director on 9829 1533 to arrange a session.

Personal Training sessions are:

One On One - \$45 for 30 mins - \$60 for 45 mins - \$70 per hour.
Two On One - \$30 p.p (30min) - \$35 p.p (45min) - \$40 p.p (1hr).

FITNESS ASSESSMENTS/APPRAISALS

We encourage our new and current members to keep up to date with their gym programs and ensure your routine doesn't become stale and ineffective. It's also a great opportunity to make sure you're training in a safe and effective manner. **A fitness assessment is \$35.**

COSTS

Multi-session cards for all fitness classes can be purchased from Reception or at the Bar. A 10 session card costs \$80 and 20 session cards are \$150. Please note that Pilates, Yoga and Meditation/Relaxation will be debited two sessions per class.

For more details, please contact Jarrad Wright on 9829 1533.



ROYAL SOUTH YARRA
LAWN TENNIS CLUB
FITNESS CENTRE



ROYAL SOUTH YARRA LAWN TENNIS CLUB FITNESS CENTRE

CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swim Squad 6:00-7:30am	Group Fitness 6:15-7:15am	Swim Squad 6:00-7:30am	Group Fitness 6:15-7:15am	Swim Squad 6:00-7:30am	Bootcamp 8:00-9:00am
Pilates 7:00-8:00am	Yoga - Stretch 7:30-8:30am	Group Fitness 6:15-7:15am	Yoga - Stretch 7:30-8:30am	Pilates 7:00-8:00am	Pilates 9:30-10:30am
Pilates 8:00-9:00am	Boxercise 9:15-10:15am	Pilates 8:00-9:00am	Yoga 9:00-10:00am	Pilates 8:00-9:00am	
Pilates 9:00-10:00am	Yoga 10:20-11:20am	Legs, Glutes and Core 9:30-10:30am	Circuit 10:15-11:15am	Pilates - Intermediate 9:00-10:00am	
Legs, Glutes and Core 10:00-11:00am	Aqua Aerobics 5:45-6:45pm	Aqua Aerobics 10:15-11:15am	Aqua Aerobics 10:15-11:15am	Pilates - Beginner 10:00-11:00am	
Yoga 6:30-7:30pm		Flexibility Training 6:00-7:00pm			

* Please make sure you have your payment card ready
and you arrive 5 minutes before classes start.