

GYM SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am	Functional Fitness	Functional Fitness	Functional Fitness		Functional Fitness
6:30 am					
7:00 am					
7:30 am	Fit Mums	Fit Mums	Fit Mums	Fit Mums	Fit Mums
8:00 am					
8:30 am					
9:00 am	Seniors Advanced	Fit Mums	Seniors Bone Health	Seniors Advanced	Fit Mums
9:30 am					
10:00 am	Seniors Falls & Balances	COPD	Seniors Falls & Balances	Seniors Falls & Balances	
10:30 am					
11:00 am	Seniors Bone Health				
11:30 am					
12:00 pm	LUNCH				
12:30 pm	Hydro		Hydro		
1:00 pm					
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm			Fit Mums		
4:00 pm					Seniors Bone Health
4:30 pm					
5:00 pm					
5:30 pm	Functional Fitness	Functional Fitness	Functional Fitness	Functional Fitness	
6:00 pm					
6:30 pm					
7:00 pm					

Pricing:

Functional Fitness = \$15 per class or \$127.50 x 10 pass

FitMum = \$15 per class or \$127.50 x 10 pass

Hydro = \$62 x 4 pass (\$15.50 per class)

Pilates = \$25 or \$212.50 x 10 pass

Seniors = \$12 per class

ROCKHAMPTON

BLACKWATER

YEPPOON

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entirelyhealth.com.au

All classes are eligible for private health rebates!

*Disclaimer- prices are updated annually and may vary

