

# GYM SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM	Functional Fitness	Functional Fitness		Functional Fitness	Functional Fitness
6:30AM					
7:00AM					
7:30AM	Fit Mums	Fit Mums	Fit Mums	Fit Mums	Fit Mums
8:00AM					
8:30AM					
9:00AM	Seniors Advanced	Fit Mums	Seniors Bone Health	Seniors Advanced	Fit Mums
9:30AM					
10:00AM	Seniors Falls and Balance	COPD	Seniors Falls and Balance	Seniors Falls and Balance	
10:30AM					
11:00AM	Seniors Bone Health				
11:30AM					
12:00PM	LUNCH				
12:30PM	Hydro		Hydro		
1:00PM					
1:30PM					
2:00PM					
2:30PM					
3:00PM					
3:30PM			Fit Mums		
4:00PM					Seniors Bone Health
4:30PM					
5:00PM					
5:30PM	Functional Fitness	Functional Fitness	Functional Fitness	Functional Fitness	
6:00PM					
6:30PM					

## Pricing:

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

Fit Mums = \$15 per class or \$127.50 x 10 pass

Hydro = \$56 x 4 pass (\$14 per class)

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

Seniors = \$12 a class

ROCKHAMPTON

BLACKWATER

YEPPON

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entirelyhealth.com.au

All classes are eligible for private health rebates!

\*Disclaimer- prices are updated annually and may vary



