

GYM SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM					
6:30AM					
7:00AM					
7:30AM	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	Hydro				
12:30PM			Hydro		
1:00PM					
1:30PM					
2:00PM					
2:30PM					
3:00PM					
3:30PM					
4:00PM					Seniors Bone Health
4:30PM					
5:00PM			Functional Fitness		
5:30PM	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 YEPPOON

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All classes are eligible for private health rebates!
*Disclaimer- prices are updated annually and may vary

