


KGV Fitness Summer Timetable



MONDAY

7am Burn & Tone
12:15pm Pure Cycle
1:05 Boxing
6pm CrossFit

WEDNESDAY

7am Ki Yoga
12.15pm Pure Cycle
1:05pm Pilates
6pm 

FRIDAY

7am Basketball Coaching
12:15pm CrossFit
1:05pm Pilates

KGV Fitness Centre

Cumberland Street, The Rocks 2000

PHONE 92443611 / E-MAIL kgvfitness@cityofsydney.nsw.gov.au

OPENING HOURS Monday - Thursday 6:30am-8:30pm / Friday 6:30am—7pm / Saturday 10am-4pm

TUESDAY

7am Pure Cycle
7:30am Stratosphere
12:15pm Ki Yoga
1:05pm 
6pm Burn & Tone

7:15pm



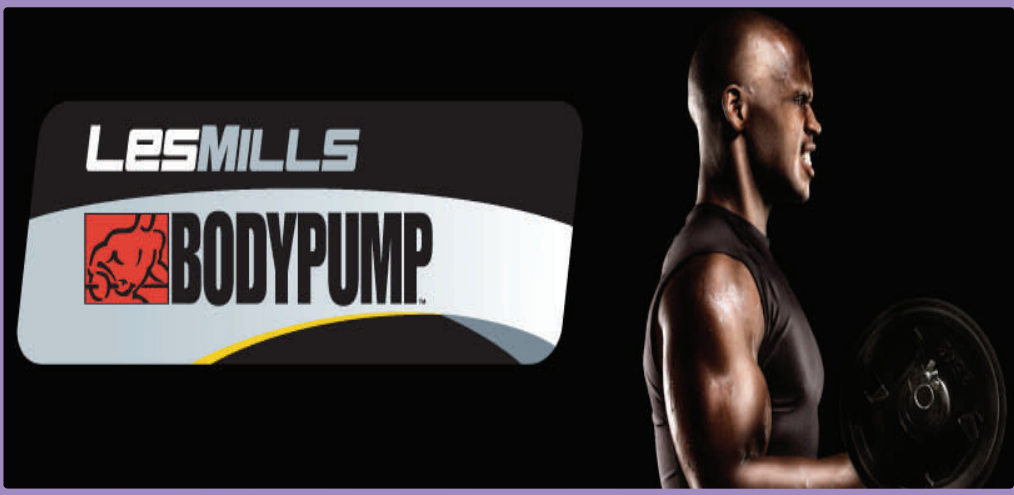
THURSDAY

7am Boxing
12:15pm Ki Yoga
1:05pm 

6pm CrossFit

SATURDAY

11am Weekend Warrior



Fitness Class Descriptions



Barbell Class that strengthens your entire body. Great music, awesome instructors and your choice of weight inspire you to get the results you came for— and fast **INTENSITY: MEDIUM TO HIGH**



Latin inspired, easy to follow, calorie burning, dance and fitness—party. Feel the music and let loose! **INTENSITY: MEDIUM**

Cycle

The sure way to improve fitness and burn plenty of calories. Low, medium and high intensity sections are provided throughout. New comers can work at their own pace **INTENSITY: MEDIUM TO HIGH**

CrossFit

This class/program makes a deliberate attempt to optimize physical competence in each of the recognized fitness domains. They are Cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. **INTENSITY: MEDIUM TO HIGH**

Ki Yoga

Is a dynamic yoga style. It is a great form of exercise to increase your strength, flexibility, coordination and cardiovascular health. It also increases your self confidence and overall well being. **INTENSITY: LOW TO MEDIUM**

Pilates

Aimed at improving postural awareness and core conditioning. Mats provided. **INTENSITY: LOW TO MEDIUM**

Boxing

Improve your stamina and skills in our freestyle cardio boxing class, a good mix of cardio and muscular endurance. You'll be begging for mercy, yet sorry when it's over. **INTENSITY: MEDIUM TO HIGH**

Burn & Tone

A multi disciplined cardio/strength class, designed to improve cardiovascular endurance and overall muscular tone via a variety of proven exercises. **INTENSITY: MEDIUM TO HIGH**

Sports Play

Improve your cardiovascular fitness, functional motor skills, speed, strength and agility at the same time as enjoying the fun and excitement of playing in a social sports competition (mixed basketball) with your fellow gym members. Limited numbers available, booking each week essential. Next comp Tues 17th Jan 2012. **INTENSITY: LOW TO MEDIUM**

Bball Coaching

This class caters for ALL level of players, from those who have never touched a basketball to those who have played for 20 years. No matter who you are—the fundamentals are crucial to improvement. Have fun and get fit through skills, drills and game play. **INTENSITY: LOW TO HIGH**

Stratosphere

Combining isometric and plyometric workout techniques. The stratosphere program incorporates challenging original muscle isolation exercises, explosive reflex training and high speed movements to increase muscle definition, boost strength and burn optimum fat. **INTENSITY: MEDIUM TO HIGH**

W.O.D

KGV provides a "Workout Of the Day" everyday of the week. The workouts vary between Cross Training, Functional Strength & Cardio Conditioning to provide you with a balanced variety of exercise options. Each workout has Beginner, Intermediate & Advanced variations making them suitable for everyone.

Workshops

KGV provides three workshops per week designed specifically to help our members achieve their health & fitness goals. There is "Weight Loss", "Burn & Tone" and "Muscle Gain" workshops so regardless of your goal there is a workshop available to help you achieve your objectives with greater success.

PRICES:	STANDARD	RESIDENT
12 Month Ezy Pay	\$31.90 / bi-weekly	\$26.95 / bi-weekly
12 Month Pre Pay	\$721.18	\$613.00
Non-Contract	\$42.80 / bi-weekly	\$36.38 / bi-weekly
10 visit pack	\$122.50	\$104.13