

# Exercise Class Timetable

	Mon	Tue	Wed	Thurs	Fri	Sat
6:15am to 7:00am	CLASS <small>of the</small> MONTH		Boxing Circuit	CLASS <small>of the</small> MONTH	Circuit	
8:00am to 9:00am						
8:30am to 9:30am						Spin Bikes
9:30am to 10:30am	AQUA	Spin & Boxing	AQUA	Gym & Spin	AQUA	Boxing Circuit
10:30am to 11:30am	Gentle AQUA		Seniors Circuit		Gentle AQUA	
4:00pm to 5:00pm	Teen Gym		Teen Gym			
6:00pm to 7:00pm	AQUA	CLASS <small>of the</small> MONTH	AQUA	AQUA	CLASS <small>of the</small> MONTH	
7:00pm to 7:45pm	Kick Pad Class				<i>Timetable runs until 31st October 2010</i>	

## Aqua Aerobics Classes

Adults	\$10.80
Concession	\$9.00
Gentle Aqua	\$7.00
Adult 10 Visit Pass	\$86.90
Concession 10 Visit Pass	\$76.80

## Group Fitness Classes

Adults	\$15.00
Concession	\$10.00
Teen Gym	\$9.50

*There is no need to book & all classes are **FREE** for Gym Members*

## Class Of The Month

*What's coming up...*

- August - Boot Camp
- September - Strength Builder
- October - Beep Test/Gut Buster

Wollondilly Leisure Centre - 434 Argyle Street Picton NSW 2571 - Ph: 4677 1251 - [www.wclc.com.au](http://www.wclc.com.au)