

Precision Health Gym - Available Times: January – March 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>before 8am</i> <i>*By Booking only</i>	<i>Fitness class</i> <i>7:10am</i>	<i>Strength Class</i> <i>7:10am</i>	<i>Fitness classes</i> <i>7:10am</i>	CLOSED	<i>Fitness class</i> <i>6:50am</i>
8am to 9am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
9am to 10:30am	SHARED GYM	SHARED GYM	SHARED GYM	SHARED GYM	SHARED GYM
10:30am to 12:30pm	GYM UNAVAILABLE CLASSES ON	SHARED GYM	GYM UNAVAILABLE CLASSES ON	10:30 SHARED GYM	10:30 UNAVAILABLE CLASS ON
				11:30 UNAVAILABLE CLASS ON	11:30 SHARED GYM
12:30pm to 1:30pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
1:30pm to 4:30pm	SHARED GYM	SHARED GYM	SHARED GYM	SHARED GYM	SHARED GYM
	2:30 UNAVAILABLE CLASS ON			2:30 UNAVAILABLE CLASS ON	
	SHARED GYM			SHARED GYM	
4:30 to 6pm	<i>Fitness classes</i> <i>4:30 & 5:20pm</i>	OPEN GYM	OPEN GYM	<i>Fitness class</i> <i>5:20pm</i>	CLOSED
6pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Making regular bookings to use the gym will help guarantee your time / Not open Public Holidays / Times may be subject to change

Fitness Class Timetable

HIIT / Strength / Boot Camp

Monday	7:10am - Sarah 4:30pm - Sarah 5:20pm - Sarah
Tuesday	7:10am - Piper
Wednesday	7:10am - Sarah
Thursday	5:20pm - Sarah
Friday	6:50am - Sarah

All Classes 45 minutes

Fitness Classes

Classes will rotate between 3 styles of class:

Strength: predominantly resistance, weights training to build strength

HIIT: High Intensity Interval Training – a mix of resistance and cardio training with high intensity bursts and short low intensity / rest periods.

Boot Camp: based on a military style mixture of aerobic, cardio and functional whole body fitness training

Open Gym times: the gym is open for independent use

Shared Gym times: limited availability of some equipment as the gym may be used for private one-one therapy

Gym Unavailable: the gym is used for scheduled classes/ groups and not available for independent use



Precision Health Gym Timetable & Fitness Classes

Gym Memberships

(Independent use)

Gym Starter Pack: \$220

(Assessment, program & 4 weeks Independent Gym membership)

Single visit \$17

4 weeks \$120 (\$30/wk)

3 Months \$350 (\$27/wk)

NEW: Fitness Class Memberships

Intro rates

Single class \$22

Fit 12 class pass \$210 (\$17.50/class) 3-month expiry

4 weeks \$220 (\$55/wk)

3 months \$600 (\$46/wk)

Memberships are not transferrable or refundable

Assessment is required prior to Individual gym use

Regular reviews of your program are recommended to keep you on track.

This is to ensure you:

1. Are safe to exercise
2. Have the right program for your needs and goals
3. Can use the equipment safely

Assessment Bookings essential: call 6885 1188