





### 2023- 2024 AM GROUP FITNESS TIMETABLE

	MON	TUE	WED	THUR	FRID	SAT
7.10	HIIT CIRCUIT Charlotte				FIGHTING FIT Charlotte	
8.30						
9.30			PILATES Karin			
10.30						
11.30						
12.30						
1.00						

CENTRE CLOSED 1.PM -4.PM M-T / FRIDAY 1-3PM

 SPIN  FIGHTING FIT	 HIIT CIRCUIT  PILATES
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### 2023- 2024 PM GROUP FITNESS TIMETABLE

	MON	TUE	WED	THUR	FRID	SAT
4.00					3.00 Open	
4.30						
5.00						
5.30			HIIT CIRCUIT Charlotte			
6.00		PILATES Karin				
6.30			SPIN Karin			
7.00						
7.30						
8.00						

CENTRE CLOSED 8.PM M-T FRIDAY 7PM SAT MIDDAY



## GROUP FITNESS ENTRY FEES 2023-2024



Casual Group Exercise Class	
Regular Class Adult–Non -Member	\$13.00
Regular Class Con – Non-Member	\$8.00

### OPERATION HOURS

**Monday to Thursday 7.am – 1.pm -4.pm to 8.pm.**

**Friday 7.am – 1.pm -3.pm to 7.pm.**

**Saturday 9.am to Midday.**

**Sunday Centre Closed**

### DESCRIPTION OF GROUP FITNESS 2023-2024

**HIIT CIRCUIT** – Is a high Interval circuit workout that involves short burst of intense exercise followed by brief recovery sessions. Designed to push your heart rate up and challenge your cardiovascular system.

**SPIN** – Spin is also known as indoor cycling. It is designed to simulate an outdoor cycling experience. Spin Classes are energetic and encourages participants to push their limits. Can be suitable for all levels.

**FIGHTING FIT** – Is a high intensity fitness program that combines elements of strength training, cardiovascular exercise, and functional movements.

**PILATES** – Pilates is a form of exercise that focus on improving flexibility, strength, and body awareness. Pilates targets the core muscles, including all areas of the abdomen, lower hips and back, while engaging all muscles groups.

**YOGA – To Be Confirmed** Is an ancient holistic practice that combines physical posture, breath control., meditation to promote physical mental and spiritual well-being.

**LOW IMPACT – To Be Confirmed** This class minimizes stress on the joints and reduces the risk. Of injury. It involves exercises and movements that are gentle on the body.

## GROUP FITNESS TIMETABLE 2023-2024



EVERY JOURNEY HAS A BEGINNING



In the heart of town, stands a place so bright where athletes train with all their might It is a place of sweat and dedication where champions rise to every occasion.

The Bright Sports Centre is where it is at with energy and light, it is where they chat the atmosphere is one of inspiration Where dreams become reality with every elation.

So, lace up your shoes and come on down To the Bright Sports Centre in the heart of town It is a place of passion, it is where they strive to push themselves to their fullest and come out alive!

Email: [Brightsc@belgravialeisure.com.au](mailto:Brightsc@belgravialeisure.com.au)

Ph 03(5755 1049)

Bright Sports centre

47- 49 Gavan Street Bright, 3741

**\*Please note: Class patrons must be over the age of 15 years or older to attend the group exercise classes. Classes are subject to change at any notice due to attendance numbers.**