

## » CLASS DESCRIPTIONS

### WANT TO KNOW WHAT GOES ON IN A PARTICULAR CLASS?

- **Aqua** – Low impact water class for fitness and strength. Suitable for all fitness levels.
- **Deep Aqua** – Great water class in the 50 metre pool for a whole body workout. Suitable for all fitness levels.
- **Pump** – Warning this class will change your body shape! The original barbell class. Suitable for most fitness levels.
- **Body Step** – A challenging step class. Increase your intensity progressively by raising the height of your step or opting for the harder level option.
- **Core Strength** – Improve muscle tone and strength as well as flexibility, with this multi level class (contains pilate based exercises).
- **Boxing Fitness** – Combining cardio and boxing moves. An ultimate workout that will tone all muscle groups and improve your fitness level. Also available from 3.00pm to 5.30pm, Monday to Friday for up to one hour tech classes.
- **Circuit** – Strength/endurance class designed to workout your whole body. Suitable for moderate to high fitness levels.
- **TNT (tone and talk)** – A gentle exercise class ideal for older adults. Low intensity exercise in our air-conditioned aerobics room followed by an aqua class in the heated pool (summer only).
- **Fat Burner** – A combination of all styles of aerobic classes. This class caters for all fitness levels and is great for those who want to improve body shape and fitness level.
- **Yoga** – A discipline of stretching and toning the body through movements, breathing exercises, postures and relaxation techniques. The technique practices to achieve control of the body and mind.
- **Strong Bones For Life** – Strong Bones For Life is billed as a program to help avoid or reverse osteoporosis. Bone strengthening and alignment giving back that spring in your step.

## MEMBERSHIP PRICES

### Gym/Group Fitness Membership –

■ 1 month .....	\$150.00
■ 3 months .....	\$290.00
■ 6 months .....	\$420.00
■ 12 months .....	\$660.00
■ 12 months direct debit .....	per month \$60.00
■ Casual visit .....	\$10.00
■ 10 visit pass .....	\$100.00
■ TNT classes .....	\$6.00
■ TNT 10 visit pass .....	\$50.00

### Off Peak Gym Membership – (Strictly 10:30am to 3:30pm)

■ 1 month .....	\$100.00
■ 3 months .....	\$200.00
■ 6 months .....	\$300.00
■ 12 months .....	\$450.00

### Aqua Aerobics/Pool Membership –

■ 1 month .....	\$110.00
■ 3 months .....	\$250.00
■ 6 months .....	\$350.00
■ 12 months .....	\$500.00
■ Casual class visit .....	\$10.00
■ 10 visit pass .....	\$100.00
■ Adult pool entry .....	\$5.00
■ Student, concession, child pool entry .....	\$4.00
■ Family rates apply	
■ 10 visit pool pass .....	\$45.00
■ Concession – 10 visit pool pass .....	\$35.00
■ 20 visit pool pass .....	\$85.00
■ Concession – 20 visit pool pass .....	\$65.00

- Physio Pilates classes are separate costs and not included in memberships.
- See our Physiotherapists for pricing and class description, phone (07) 3395 1400.

### Clem Jones Centre

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# GROUP FITNESS

**CLEM JONES CENTRE**

**Affordable Fitness & Fun for everyone!**

Swimming Lessons

Gym and Aerobics

Sports and Leisure



# FITNESS TIMETABLE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	Boxing Fitness	Supa-Circuit	Boxing Fitness	Abs, Butt and Thigh	Boxing Fitness		
6.30am						Boxing Fitness	
8.00am		TNT	TNT	TNT	TNT	Body Pump	
8.30am						Supa-Circuit	
9.00am		Physio Pilates					
9.15am		Deep Aqua		Deep Aqua		Deep Aqua	
9.30am	Body Pump Aqua	Supa-Circuit	Supa-Circuit Aqua Core Strength	Body Step	Supa-Circuit Aqua Boxing Fitness		Aqua
10.00am		Boxing Fitness					
10.30pm			Boxing Fitness				
10.45pm				Strong Bones for Life			
12.00pm		Strong Bones for Life					
12.15pm					Heartmoves		
1.15pm		Heartmoves					
2.00pm							Yoga
3.00pm	Boxing Training	Boxing Training	Boxing Training	Boxing Training	Boxing Training		
5.00pm					Boxing Fitness		
6.00pm	Fat Burner Supa-Circuit	Body Pump	Body Step Supa-Circuit	Body Pump Out Door Mash-up			
6.15pm				Physio Pilates			
6.30pm	Deep Aqua	Aqua	Deep Aqua	Aqua			
7.00pm	Body Basics Physio Pilates	Boxing Fitness	Boxing Fitness	Boxing Fitness			
8.00pm			Boxing Fitness				