



Penrith Group Exercise Classes

*Family Membership Included
Casual - \$15 per class
Fitness Passport Included*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
X- TRAINING 5.30AM	SPIN 5.30AM	BOXING 5.30AM	CIRCUIT 5.30AM	TONE 5.30AM	X TRAINING 7.30AM
		BOXING/ KICKBOXING 6PM			

CIRCUIT - Station Style workout offering a wide variety of exercises focused on improving Strength, Cardio-Vascular, Power.

X TRAINING - A unique high energy class incorporating various apparatus to create a functional training focus.

SPIN - Cycle on our Kieser spin bike to varying speed and intervals.

TONE - Low impact class, total body workout with stretching.

BOXING – learning basics for all levels of skills & confidence.