

Maitland PCYC Fitness Timetable 2020

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
6:30AM			Bootcamp		Bootcamp
4PM	Junior Boxing 4 Fitness		Junior Boxing 4 Fitness		
5:15PM	Circuit	Serious Strength	Boxing 4 Fitness		
5:30PM					
6PM	Boxing 4 Fitness	Bootcamp			

MAITLAND FITNESS CLASS INFORMATION

CIRCUIT: A class using both cardio and weights equipment to improve all round fitness, conditioning and assisting in weight loss.

SERIOUS STRENGTH: Resistance based weights class in weights room, using resistance equipment and machines.

BOXING 4 FITNESS: High impact class using boxing/kickboxing techniques on punching bags. Great for cardiovascular fitness.

BOOTCAMP: High intensity outdoors workout. Train in the sand using tyres, ropes and other equipment.

STRENGTH CIRCUIT: Resistance based circuit class in weights room, using resistance equipment and machines.

Casual	\$12.50 per visit	You must be 14+ years (supervised by Adult) 16+ unsupervised to use our Fitness Centre facilities All Direct debits are payable fortnightly in advance Fitness Passport accepted Hours – Mon – Fri 9am – 8pm Sat 9am – 1pm Early Bootcamp entry off Odd Street
High School Students (14-18 Yrs)	\$15.50 per month	
Upfront Memberships	1 month \$62, 3 months \$164, 6 months \$308, 12 months \$595	
Group Fitness	\$15 per fortnight (Direct Debit only)	
Gym Weights	\$20.50 per fortnight (Direct Debit only)	
Gym Weights & Group Fitness	\$26 per fortnight (Direct Debit only)	

All PCYC users need to hold a valid PCYC Membership. Memberships can be purchased online or in the club. Annual fee is \$25 for Adults and \$10 for Children