

PCYC TWEED HEADS GROUP FITNESS



MON

TUE

WED

THURS

FRI

**BOOTCAMP
6:00AM**

**YOGA
COMING SOON**

**BOOTCAMP
6:00AM**

**LINE DANCING
10:00AM & 11:00AM**

**HIIT - CIRCUIT
9:00AM**

**HIIT CIRCUIT
9:00AM**

**TAP DANCING
9:30AM & 10:30AM**

**HIIT - CIRCUIT
5:30PM**

**BOXING FITNESS
6:30PM**

**HIIT CIRCUIT
5:30PM**

Participants must be a current PCYC Club Member to attend any of the above Group Fitness Classes. (Classes are included in Gym Membership)

Adults - \$11 Casual Session
Seniors - \$6 Casual Session

(07) 5599 1714
tweedheads@pcycnsw.org.au
1/4 Florence Street,
Tweed Heads NSW 2485
www.pcycnsw.org.au/tweed-heads

PCYC TWEED HEADS GYM & FITNESS



MON

TUE

WED

THURS

FRI

SAT

**5:30AM -
8:30PM**

**5:30AM -
8:30PM**

**5:30AM -
8:30PM**

**5:30AM -
8:30PM**

**5:30AM -
6:30PM**

**7:00AM -
12:00PM**

Start your health & fitness journey with PCYC Tweed Heads TODAY!

We have Flexible Gym & Fitness Membership options to suit your needs.

Club Membership (All participants must have this Membership)

Junior Club Membership - \$15 Yearly

Adults Club Membership - \$30 Yearly

Concession Club Membership - \$20 Yearly

Gym Membership (Access to Gym/Boxing Areas & Group Fitness Classes)

Flexi (Non - Contract) Direct Debit Membership - \$13.95 Per Week

Upfront (Fixed Term) 1 Month Membership - \$70 Monthly

Upfront (Fixed Term) 12 Month Membership - \$586 Yearly

Casual Gym Visit - \$16 Per Visit

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