

Fantastic **GROUP FITNESS CLASSES**

KSC KINGBOROUGH SPORTS CENTRE

Phone 03 6211 8266

Located on the ground floor
of the Kingborough Sports Centre
Kingston View Drive, Kingston 7050

(please ask at reception for our latest Group Exercise timetable)

Circuit: A mix of aerobic and resistance exercises set in a circuit format using an interval training approach. Use of weights, fit balls, resistant bands and step boxes. Ideal to burn fat, toning and strengthening muscles and improving fitness levels

Bodyworks: A thirty (30) minute pilates style class for runners, cyclists or anyone who wants to improve their core strength and flexibility.

Punch: Is a boxing class that works on your overall conditioning. It will increase your energy and develop upper and lower body strength and power.

Pumpd: A non-impact, full body toning class to music using barbells and weights. Suitable for all levels of fitness, from beginners to experienced.

Power Hour: Some call it Friday nights HAPPY HOUR! Loads of fun using pin-loaded weight machines and cardio equipment in the gym. A great Friday night buzz to set you up for the weekend

Step: Fun and exhilarating step class. Excellent low impact workout that increases the heart rate, tones the legs, butt, abs and thighs

Spin: A 30/50 min group cycling class of PURE ENERGY. Burn the calories and achieve the fitness fast!

Tri-Fit: Spin, Pumpd and Core.-3 different class styles to give plenty of variety and a great workout. (Extreme: take your Tri-Fit experience to the next level)

Metafit: To burn fat you need to change the resting metabolism, work big muscle groups with simple un-choreographed, high intensity intervals. Metafit is a high intensity session—over and done in under 30 minutes.

The Sufferfest: Spin class utilising Video and Audio, suitable for everyone from beginners to professional athletes, we are now delivering these incredibly motivating classes that appeal to both indoor and outdoor cyclists. The Sufferfest workouts get results because they've been designed by some of the world's best coaches.

Staying Active: A non-impact strength training class (10 mins warmup on electronic equipment, 35 mins of tailored weight training and 15 mins on the fitball).

MONDAY	6:00AM to 8:00PM
TUESDAY	6:00AM to 8:00PM
WEDNESDAY	6:00AM to 8:00PM
THURSDAY	6:00AM to 8:00PM
FRIDAY	6:00AM to 7:30PM
SATURDAY	8:30AM to 12:30PM
SUNDAY	3:00PM to 6:00PM

Strength
Conditioning
Group Exercise
Senior Classes

Pilates
Cycology
Personal Training
Yoga Style



MIND BODY



Pilates: A class designed for EVERYBODY, strengthening the powerhouse (abs & buttocks).

Transform: Uniting yoga and sport like never before prepare for a unique mind/body experience, featuring traditional yoga poses. Engage you mind and body.

email: fitnesscentre@kingborough.tas.gov.au

website: www.kscfitness.com.au

Free Childminding Weekdays 9:00AM to 10:45AM

Free Parking

FITNESS CENTRE MEMBERSHIPS

We have four (4) types of membership to suit your health and fitness needs:

 **\$16** per week Direct Debit = Pilates + Yoga Style Classes
MIND BODY

 +  **\$12** per week Direct Debit = Weights + Conditioning Equipment
STRENGTH CONDITIONING

 +  +  **\$15** per week Direct Debit = Weights + Conditioning Equipment + Group Fitness
GROUP FITNESS STRENGTH CONDITIONING

 +  +  +  **\$21** per week Direct Debit = Pilates + Yoga Style + Weights + Conditioning Equipment + Group Fitness
MIND BODY GROUP FITNESS STRENGTH CONDITIONING

Joining Fee \$84

FAMILY MEMBERSHIP

 +  +  **\$23** per week Direct Debit = Weights + Conditioning Equipment + Group Fitness
GROUP FITNESS STRENGTH CONDITIONING

2 Adults and 2 children over the age 14 residing at the same residence

Joining Fee \$112

PAYG Visits to the FITNESS CENTRE

\$13 Group Fitness/Strength

\$8 Under 18 yrs

\$10 Student/Concession

\$18 Mind Body

\$55 5 Session Pass

\$100 10 Session Pass

\$191 20 Session Pass

STAYING ACTIVE Over 55s



\$70

10 session pass = Weights + Conditioning Equipment + Group Fitness

Joining Fee \$30

\$8

Casual Visit



\$100

10 week block = Weights + Conditioning Equipment + Group Fitness

PERSONAL TRAINING

\$40 30 minute personal training session

FREE CHILDMINDING

Week days

9:00AM to 10:45 AM Daily
Tuesday 4:45PM to 6:15PM (bookings required)

Saturdays

9:00AM to 10:45AM (bookings required)

metafit™



Prices effective from 01/06/2017

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