

Group Exercise Timetable

Time	Mon	Tues	Wed	Thurs	Sat
9:30am					Pilates (Diane)
12:15pm		Cancelled		Cardio Blitz (Dom)	
5:30pm	Yoga (Sarath)	Cardio Blitz (Loretta)	Yoga (Sarath)	Pilates (Loretta)	
6:30pm	Abs, Butts, Thighs (Matilda)	Pilates (Loretta)	Fitness Circuit (Matilda)	Zumba (Naresh)	

CLASS DESCRIPTION

Abs, Butts, Thighs — This class focuses on traditional aerobic movements to target particular muscle groups in the abdominal, gluteus & thigh muscles. With a focus on the cardiovascular system this class will give you a great feel. Excellent for beginner to intermediate participants.

Pilates (mat work) — A stretching class which incorporates the functional use of deep abdominal, leg, arm & back muscles. It will improve posture & body alignment so you can perform your daily tasks at an optimal level; the focus being on core strength and body balance. Great for injury prevention.

Yoga — With a focus on correct breathing and maintaining a relaxed manner the technique of (poses) will increase your balance, core strength and overall posture. Holding poses for a longer period will provide you with greater concentration and increase your energy and vitality. Open to all levels.

Fitness Circuit — Using various training equipment this circuit based class involves interval training to give you a thorough workout. With a focus on muscular endurance, this class lets individuals train at their own intensity. Suitable for all level participants.

Cardio Blitz — A cardiovascular workout for building strength & endurance. Based on interval training this class combines athletic movements with strength and core body exercises; Class caters for all level participants.

Step/Body Combo — This high energy workout combines both a step platform and upper-body conditioning exercises. Designed to improve the cardiovascular system while also targeting major muscle groups; quadriceps, gluteus & hamstring. With the focus on intensity this class is the ideal fat burner.

Whitehorse Fitness Team



Matt



Kristian



Dom



Catherine

Whitehorse Fitness

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BOX HILL
INSTITUTE

Global Educators™

WHITEHORSE FITNESS



About us

At Whitehorse Fitness we focus on personalised service; one of our dedicated fitness consultants will be responsible for each new member upon joining.

All membership purchases include ongoing instruction in techniques, regular program reviews, and fitness assessments.

We promote realistic goals and constant guidance, and provide a relaxed and friendly atmosphere.

Membership Rates

12 month	\$ 580.00
6 month	\$ 370.00
3 month	\$ 220.00
1 month	\$ 85.00

* 10% discount to Full-time students and health care card upon presentation of a valid ID.

Casual visits and services

Single aerobic class	\$ 13.00
10 visit pass aerobics	\$ 110.00
Casual gym	\$ 13.00
10 visit pass gym*	\$ 125.00
Casual student	\$ 13.00
10 Visit pass student*	\$ 110.00
Personal training	\$ 52.00 /hr
	\$ 32.00 /30min
10 Visit pass P/T*	\$ 465.00
	\$ 285.00 /30min
Health evaluation & program	\$ 50.00

* valid for one year

Hours of operation

Monday - Thursday	6.00am - 9.00pm
Friday	6.00am - 8.00pm
Saturday	9.00am - 3.00pm
Sunday	9.30am - 2.30pm
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Public Holidays	9.00am - 3.00pm
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Closed	Good Friday Christmas Day New Years Day

Payment Options

Instalment option is available for 3,6 & 12 month terms. Conditions are 50% deposit with monthly instalments of \$50 until the remainder has been settled. Please enquire at reception upon joining.

We accept: Cash, Cheque, Eftpos, Credit Card (Visa, Bankcard, and Mastercard).

Gymnasium

In an air-conditioned environment our fully equipped gymnasium features a wide variety of pin loaded machine & Olympic free weights. We provide an extensive range of electronic cardio vascular equipment.

We have a variety of training aids such as Swiss balls™, Duradisc™, boxing equipment, and skipping ropes etc.

Changeroom facilities provide secure lockers, showers and toilet amenities.

Aerobic Class Timetable

We have a range of aerobic classes running throughout the week. Check the class schedule at the front desk or over-leaf.

Personal Training

If you require that extra boost of motivation, or, enjoy the one-to-one training, why not consider having your own personal trainer? By structuring a detailed lifestyle program, encompassing either one, two or three sessions weekly you will be able to achieve your desired results!

Membership suspension

If for any reason you are unable to train for any significant period of time, term membership can be suspended upon prior request.

A minimum of 7 days, the maximum allowance for suspension are as follows:

12 months	50 days
6 months	30 days
3 months	10 days
1 month	NIL

