



REC CLUB

www.casuarinarecclub.com.au

**Opening Hours**  
**Mon-Fri 6am-8pm**  
**Sat-8am-5pm**  
**Sun - 9am-5pm**

**GYM SCHEDULE**  
**JULY**  
**Phone - 66749966**

**CASUAL VISIT- \$15**  
**MEMBER GUEST VISIT-\$10**  
**(ENTITLES YOU TO A CLASS / GYM / SWIM)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 - 7.00am <b>SUPER COMBO CIRCUIT</b>	6.00 - 7.00am <b>FITNESS CIRCUIT</b>	6.00 - 7.00am <b>ABS / SPIN</b> Bookings Essential	5.30 - 6.15am <b>SPIN</b> Bookings Essential 6.15 - 7.00am <b>'HIT' SESSION</b>	6.00 - 7.00am <b>FITNESS CIRCUIT</b>	
8.30 - 9.30am <b>DYNAMIC YOGA</b>	8.30 - 9.25am <b>BODYPUMP®</b> Bookings Essential	9.00 - 10.00am <b>FITNESS CIRCUIT CLASS</b>	8.30 - 9.25am <b>BODYPUMP®</b> Bookings Essential	8.00 - 8.45am <b>HIT / SPIN</b> Bookings Essential	
9.30 - 10.30am <b>BOXING FITNESS</b>	9.30 - 10.25am <b>BODYPUMP®</b> Bookings Essential	10.00 - 11.00am <b>HOLISTIC YOGA</b>	9.30 - 10.15am <b>'HIT Session'</b>	9.00 - 10.00am <b>FITNESS CIRCUIT</b>	9.00am - 10.00am <b>FITNESS CIRCUIT</b>
10.30 - 11.30am <b>DYNAMIC YOGA</b>		4.00 - 4.30pm <b>ACTIVE KIDS</b> 4-7 yrs / Free for Family Members \$5 Non Members Bookings Essential	10.30 - 11.30am <b>BOXING FITNESS</b>		
5.30 - 6.30pm <b>BODYCOMBAT®</b>	10.30 - 11.30am <b>PILATES</b>		11.30am - 12.30pm <b>PILATES</b>	10.00 - 11.00am <b>HOLISTIC YOGA</b>	
	5.00 - 5.45pm <b>SPIN</b> Bookings Essential	5.15 - 6.15pm <b>ABS / SPIN</b> Bookings Essential	4.00 - 4.45pm <b>KIDS BOX FITNESS</b> 8yrs + Free for Family Members \$5 Non Members	5.30 - 6.30pm <b>FITNESS CIRCUIT</b>	
6.30 - 7.30pm <b>BODYPUMP®</b> Bookings Essential  ***NEW CLASS***	6.00 - 7.00pm <b>BOXING FITNESS</b>	6.30 - 7.30pm <b>DYNAMIC YOGA</b>	5.15- 6.15pm <b>BODYPUMP®</b> Bookings Essential  ***NEW TIME ***	6.30 - 7.30pm <b>ZUMBA®</b> <b>\$6 for Gym Members</b> <b>\$10 for Non-Members</b>	
	7.00 - 8.00pm <b>HOLISTIC YOGA</b>		6.15 - 7.15pm <b>BOXING FITNESS</b>  ***NEW TIME***	<b>Zumba not included in Gym Memberships</b>	

**Crèche**

\$3.00  
per child  
per hour

**Mon**

8.30-9.30am  
9.30-10.30am  
10.30-11.30am

**Tues**

8.30-9.30am  
9.30-10.30am  
10.30-11.30am

**Wed**

8.00-9.00am  
9.00-10.00am  
10.00-11.00am

**Thurs**

8.30-9.30am  
9.30-10.30am  
10.30-11.30am

**Friday**

8.00 - 9.00am  
9.00-10.00am  
10.00-11.00am

**Bookings can be made up to 1 week in advance**

**AQUA PROGRAM NOW AVAILABLE / FREE TO MEMBERS / CASUAL AQUA CLASS \$7.50**  
**AQUA AEROBICS, DEEP WATER TRAINING / POOLS WILL BE COVERED 30 MINUTES BEFORE CLOSING**