



St Georges Place Class Timetable

From March 2022

Time	Class	Instructor	Gym use allowed
MONDAY			
09:30 - 10:00	Gym Circuit	Kevin	Yes
TUESDAY			
9:30 - 10:30	Aqua	Kevin	Pool/ wet side - No
14:30 - 15:00	Better Balance	Kevin	Yes
WEDNESDAY			
9:30 - 10:00	Chair Exercise	Kevin	Yes
14:30 - 15:00	Aqua	Kevin	Pool/wet side - No
THURSDAY			
9:30 - 10:30	Better Balance	Kevin	Yes
12:45 -13:15	Core Care	Kevin	Yes
FRIDAY			
9:30 - 10:30	Aqua	Kevin	Pool/wet side - No

Advance booking required and subject to availability.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.
(Additional charges will apply)

Pool Closure – Owners swim: Monday, Tuesday, Thursday and Saturday 3pm-4pm
Friday 1pm-2pm,
Wednesday and Sunday 11.30am-12.30pm
Friday pool closed for maintenance 2pm-4pm