



## Audley Club at St George's Place Class Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am-10:00am	Gym Circuits	Aqua	Chair Exercise	Better Balance	Aqua		
12:45-13:15				Core Fitness			
2:30pm-2:50pm		Stretch Fitness					
3:00pm-3:20pm		Stretch Fitness					

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)