



Audley Club at Cooper's Hill Class Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am			Aqua Fit				
11:30am		Aqua Fit		Aqua Gentle	Stretch & Tone	Aqua Fit	
12:30pm	Tai Chi						
2:00pm			Chair Exercise	Mat Pilates	Gym Circuits		
4:00pm							

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)