

SUPER CIRCUIT					
	Monday	Tuesday	Wednesday	Thursday	Friday
6.30am	Judith/Aleesha				Judith/Aleesha
8.00am				T&TElaine	
9.00am	T&T- Karen				
12.30pm				#Kaye	
1.15pm		#Kaye			
2.00pm				TM- Kaye	
5.30pm			PW -Greg		
6.00pm	A/B-Greg			Fit Box-	
6.45pm		Supervised Gym (until 8.00pm)		Supervised Gym (until 8.00pm)	

A/M = Aqua Moves S/A = Super Aqua PW Power Weights
 # = Slow Pace Circuit A/B = Abs & Backs (Ball Class)
 TM = Therapeutic Moves T&T = Trim & Tone Circuit

AQUAROBICS					
	Monday	Tuesday	Wednesday	Thursday	Friday
6.30am			Aleesha		
8.30am		Jodie		Sandra	
9.00am			Sandra		S/A Sandra
9.15am		Jodie		Sandra	
9.45am	Elaine		A/M Sandra		A/M Sandra
10.00am		A/M-Jodie		A/M-Sandra	
5.05pm	Jodie		Sophie		
5.45pm		Bianca		Judith	Rachel
6.00pm	Jodie		Sophie		
6.45pm	Jodie				

Easy Aqua and Slow Paced Circuits taken by Kaye			
	Tuesday	Thursday	Saturday
Aqua	11.00 am	11.00 am	8.00 am
Aqua	11.45 am	11.45 am	8.45 am
Aqua	12.30 pm	1.15 pm	9.30 am
Aqua	2.00 pm		
Circuit	1.15 pm	12.30 pm	
Weekend Classes			
	Saturday		Sunday
9.30am	Circuit- Elaine	9.00am	Aquarobics -Sue/Sandra
10.15am	Aquarobics- Elaine		

Casual Visits & Memberships – (All prices inc. GST)

CASUAL FEE FOR CLASSES: \$7.00 per class

PENSIONERS: \$5.50 per class

BACK TO BACK CLASSES: \$12.10 for 2 classes

THERAPEUTIC MOVES: \$10.00 (Members- \$4.00)

15 VISIT CONCESSION: \$82.50 - (2 month limit)

36 VISIT CONCESSION: \$187.00 - (4 month limit)

PERSONAL TRAINING: \$38.00 each. 6 sessions - \$210.00

12 - pack \$396.00

	SINGLE	FAMILY
THREE MONTH MEMBERSHIP:	\$170.00	\$302.00
SIX MONTH MEMBERSHIP:	\$290.00	\$508.00
TWELVE MONTH MEMBERSHIP:	\$472.00	\$835.00

Memberships include Health Assessment Prices effective from 1st Feb 2007

Assessment

Northcare reserves the right to exclude any classes from membership at any time