

MEMBERSHIP INCLUDES:

24/7 GYM ACCESS (FITNESS 4173) + SQUASH (FITNESS 4173)
+ GENERAL POOL ENTRY (MANLY POOL) + AQUA (FITNESS 4173 & MANLY)
+ GROUP FITNESS (FITNESS 4173 & POOLSIDE FITNESS)



— Est 1987 —



• **NO JOINING FEES** •

\$17.95/Week

(minimum 4 month contract)

12 months: \$650 • 6 months: \$450 • 3 months: \$300 • 1 month: \$150

24hr Access Tag: \$30 (Tingalpa)

Casual visits:

Fitness 4173 (Tingalpa): \$20 Poolside Fitness (Manly Pool): \$15

Squash: \$20/hr (Tingalpa)

Crèche: \$3.50 • 10 pass: \$30 (Tingalpa)

FITNESS 4173
1604 WYNNUM RD, TINGALPA
PH: 3390 5011

MANLY POOL
1 FAIRLEAD CRES, MANLY
PH: 3396 2578

www.fitness4173.net.au

FITNESS 4173: 1604 WYNNUM RD, TINGALPA PH: 3390 5011



— Est 1987 —

	MORNING		AFTERNOON	
MONDAY	5:30am - 6:15am	POWER BAR	5:00pm - 6:30pm	CONQUER
	8:00am - 8:45am	AQUA	6:15pm - 7:00pm	AQUA
	9:15am - 9:45am	EXTREME	7:00pm - 7:45pm	ZUMBA
	9:45am - 10:30am	BARRE & BOOTY		
TUESDAY	5:30am - 6:00am	CRANK IT	5:30pm - 6:15pm	FUNCTIONAL
	6:00am - 6:30am	T30-XPRESS	6:15pm - 7:00pm	AQUA
	8:00am - 8:45am	AQUA	6:30pm - 7:30pm	YOGA
	9:15am - 10:00am	CIRCUIT		
WEDNESDAY	5:30am - 6:15am	FUNCTIONAL	5:15pm - 6:00pm	SPIN CIRCUIT
	6:00am - 6:45am	AQUA	6:00pm - 6:45pm	BARRE & BOOTY
	9:15am - 10:00am	ZUMBA	6:15pm - 7:00pm	AQUA
	9:15am - 10:45am	AQUA		
	9:15am - 9:45am	MMA		
	10:00am - 11:00am	TAI CHI		
THURSDAY	8:00am - 8:45am	AQUA	5:30pm - 6:30pm	PILATES
	9:15am - 9:45am	ABT	5:30pm - 6:00pm	MMA
	9:45am - 10:45am	TAI CHI YOGA	6:15pm - 7:00pm	BOX FIT
			6:15pm - 7:00pm	AQUA
FRIDAY	5:30am - 6:00am	XTRAIN		
	6:00am - 6:30am	CORE & STRETCH		
	8:00am - 8:45am	AQUA		
	9:15am - 10:00am	POWERBAR		
SATURDAY	8:00am - 9:00am	PILATES		
	8:00am - 8:45am	BOXFIT		
	9:00am - 9:45am	ZUMBA		

Go to: www.fitness4173.net.au
for class descriptions

Tingalpa Crèche:

Mon to Fri: 9am - 11am
Mon & Wed: 5.30pm - 7.30pm
Sat: 8am - 10am

MANLY POOL: 1 FAIRLEAD CRES, MANLY PH: 3396 2578



	MORNING		AFTERNOON	
MONDAY	8:45am - 9:15am	KICK FIT	6:00pm - 6:45pm	AQUA
	9:30am - 10:00am	BODY BLITZ		
TUESDAY	9:15am - 10:00am	AQUA	5:45pm - 6:15pm	BODY BLITZ
			6:15pm - 6:45pm	FOREVER YOUNG
WEDNESDAY	9:30am - 10:15am	FOREVER YOUNG	5:30pm - 6:00pm	KICK FIT
	10:45am - 11:30am	AQUA	6:00pm - 6:45pm	AQUA
THURSDAY	9:15am - 10:00am	AQUA	5:45pm - 6:15pm	BODY BLITZ
	9:30am - 10:00am	BODY BLITZ		
FRIDAY	9:30am - 10:00am	BODY BLITZ		
SATURDAY	8:00am - 8:45am	AQUA		