

## Membership Options



**GOLD**  
Unlimited sessions  
\$0 Membership Fee

Make your goals a reality and enjoy unlimited training sessions every month.

**\$180**  
per month



**SILVER**  
2 Sessions per week  
\$0 Membership Fee

Start to feel the BeneFIT of regular training with 2 sessions per week.

**\$140**  
per month



**BRONZE**  
1 Session per week  
\$40 Membership Fee

Start your fitness journey and let your body build up consistency with 1 training session per week.

**\$92**  
per month

## Sessions



### Cardio

Improve your fitness, increase endurance and burn calories. Whether you're a walker, jogger or runner we'll get your heart rate up!



### HiIT

High intensity interval training using a range of equipment, you will work through short bursts of high intensity work followed by rest or low intensity periods.



### Strength & Toning

By incorporating a mix of dumbbells and bodyweight, we will take you through a full body strengthening workout.



### BoxFIT

Get the heart pumping and build strength through punching and kicking.






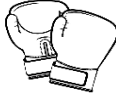







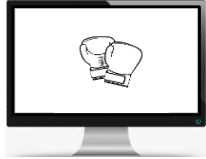




### FITball

Improve core strength and posture through this toning session while using a fitball to create instability and an additional challenge.



### Flex & Flow

Increase flexibility, improve core strength and reduce stress through our yoga inspired session.

<p><b>Monday</b></p>	<p><b>6.00am Cardio</b> Greenwich Reserve, Newport</p> 	<p><b>9.30am FITBall</b> Greenwich Reserve, Newport</p> 	<p><b>6.30pm HiIT</b> Greenwich Reserve, Newport</p> 
<p><b>Tuesday</b></p>	<p><b>6.00am BoxFIT</b> Greenwich Reserve, Newport</p> 	<p><b>9.30am Flex &amp; Flow</b> Greenwich Reserve, Newport</p> 	<p><b>6.15pm Cardio</b> Robertson Reserve</p> 
<p><b>Wednesday</b></p>	<p><b>6.00am &amp; 7.15am Strength &amp; Toning</b> Greenwich Reserve, Newport</p> 	<p><b>9.30am BoxFIT</b> Greenwich Reserve, Newport</p> 	<p><b>6.30pm Strength &amp; Toning</b> Greenwich Reserve, Newport</p> 
<p><b>Thursday</b></p>	<p><b>6.00am Cardio</b> Greenwich Reserve, Newport</p> 	<p><b>9.30am Strength &amp; Toning</b> Greenwich Reserve, Newport</p> 	<p><b>6.30pm BoxFIT ZOOM SESSION</b></p> 
<p><b>Friday</b></p>	<p><b>6.00am FITBall</b> Greenwich Reserve, Newport</p> 	<p><b>9.30am HiIT</b> Greenwich Reserve, Newport</p> 	
<p><b>Saturday</b></p>	<p><b>6.45am HiIT</b> Willi North Primary School</p> 	<p><b>8.00am Strength &amp; Toning</b> Willi North Primary School</p> 	<p><b>9.15am Strength &amp; Toning</b> Willi North Primary School</p> 