

TEAM TRAINING SESSIONS * 2017

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:45 am				CARDIO YOGA FLOW 45 min HRC			
7:00 am						FIT2MAX 45 min HVTC	
8:00 am					LENGTH & STRENGTH Max 6 HRC		
9:00 am	FIT2MAX 45 min HVTC				CARDIO YOGA FLOW 45 min HVTC		YOGA FLOW 1 hour HRC
2:00 pm	LENGTH & STRENGTH Max 6 HRC						
6:30 pm	BOX2FIT 1 hour HVTC		BARBELL STRENGTH 45 min HRC	FUNCTIONAL FITNESS 45 min HRC			

HRC (HUB RECREATION CENTRE – Taylors Rd, Aberfoyle Park) HVTC (HAPPY VALLEY TENNIS CLUB – Taylors Rd West, Aberfoyle Park)



FOR MORE DETAILS PLEASE CONTACT: mel@switch2fitness.com.au M 0422 072 766 switch2fitness.com.au

* Session times/days and availability subject to change due to demand.

TTT-AUG-17

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BOX2FIT confidence – strength – speed

Simple Punch combos & lower body strength exercises for a full-body workout that strengthens core, increases fitness and coordination. Incinerate calories as you punch your way through boundaries and take your fitness to the next level.

FIT2MAX fit- fast – fun

Perfect for first time exercisers and the fitness freaks, this session is designed to push anyone and everyone to their limits using simple athletic moves to increase overall fitness.

FUNCTIONAL FITNESS push – pull – lift

Prepare your body for everything... Small group functional fitness sessions use big movements that work the entire body maximising your time and optimising your workout – Train for life!

CARDIO YOGA FLOW strong mind – strong body

The best of both worlds! A fusion of classic cardio exercises, combined with traditional yoga poses makes this a funky new way to train. Get all the benefits of practicing yoga combined with high intensity cardio moves to build physical and mental strength, increase flexibility & range of motion and get fit at the same time.

LENGTH & STRENGTH surrender – relax – meditate

This is a slower paced style yoga class which focuses on working deep into the connective tissues rather than the muscles improving range of movement and flexibility. Being a small group session with a max of 6 participants means we can focus on each individual clients needs in a personalised environment.

YOGA FLOW breath – bend – stretch

A Vinyasa flow, moving meditation class. This contemporary style of yoga encompasses a range of yoga styles in one practice. You will move through a sequence of postures that flow smoothly connecting movement and breath. Perfect for all levels of experience.

BARBELL STRENGTH lift – sweat – push limits

Using a Barbell and a step in this session will add variety and fun to your strength training program. Targeting all major muscle groups in the body this session will work on building strength and endurance while you work up a sweat with our cardio insertions.



POWER2PACE (P2P) SESSIONS * 2017

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00 am	P2P 45 min HRC	P2P 45 min HRC	P2P 45 min HRC		P2P 45 min HRC	
6:15 am				P2P CARDIO 30 min HRC		
7:00 am		P2P 45 min HRC				
8:00 am						P2P 45 min HRC
8:45 am						P2P 45 min HRC
9:00 am		P2P 45 min HRC	P2P 45 min HRC			P2P 45 min HRC
9:15 am				P2P 45 min HRC		
9:45 am						
5:30 pm	P2P 45 min HRC			P2P 45 min HRC		

HRC (HUB RECREATION CENTRE - Taylors Rd, Aberfoyle Park)

WHAT MAKES POWER2PACE DIFFERENT?

Strength combined with cardio is great, but at S2F we know if you add dynamic power to your regular strength exercises and then perform them with some intense pace you get the...

ULTIMATE WORKOUT

These 45 minute total body sessions are designed to optimise your workout time and get you fit, strong and lean.

- Maximum 4 clients per session
- Personalised attention
- Extra motivation and challenges
- Cost effective personal training
- We make you accountable



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PRICES 2017

PRICES & MEMEBERSHIP OPTIONS — PAID WEEKLY *

Team Training (TT): Maximum 20 people per session

POWER2PACE (P2P): 3 – 4 people per session

1 x TT \$15/wk

2 x TT \$20/wk

UNLIMITED TT + 1 x P2P/month* \$30/wk

1 x P2P \$20/wk

1 x P2P + UNLIMITED TT or 2 x P2P + 1 x TT \$45/wk

2 x P2P + UNLIMITED TT \$55/wk

2T01 TRAINING SESSIONS – 2 PEOPLE PER SESSION \$30pp

Regular weekly payments by bank transfer (alternatives can be arranged with Mel)

* Terms & Conditions apply



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TERMS & CONDITIONS

I UNDERSTAND AND AGREE

To pay for a week in advance and then regular weekly payments either by cash or bank transfer to switch2fitness' nominated account.

If I miss a Team Training session I have 4 weeks to do a make-up session, if the make-up session is not done within that 4 weeks, it becomes void. If you can't make it to a TT session please notify S2F 12 hours before so your spot can be offered to someone else.

P2P, 2T01 & PERSONAL TRAINING CANCELLATION POLICY

- If I have to cancel or reschedule any regular P2P session, I must contact S2F directly at least 24 hours in advance.
- If I cancel or reschedule an appointment less than 24 hours in advance, S2F will charge a cancellation fee equivalent of half the full fee of the session that was scheduled if it cannot be filled.
- If I fail to attend a regular P2P session without notice, S2F will charge a non-attendance fee equivalent to the fee that would have been charged for the session (S2F recognizes that emergency situations arise and will be dealt with on an individual basis.)
- All cancellations must be made 24 hours in advance by phone, SMS or email.

SUSPENSION OF MEMBERSHIP

Suspension of my membership is available by completing a suspension form. By paying the suspension fee of \$20, switch2fitness will hold a place in my regular training sessions until end date of suspension. A minimum suspension is 14 day, maximum is 8 weeks.

Suspension fee will be refunded on recommencement of training.

If regular payments cease without completing a suspension form, switch2fitness cannot guarantee members' regular training sessions will be available on recommencement.

