

NOW  
AVAILABLE

# TEEN MEMBERSHIPS

★ **NO JOINING FEE** ★

Hurry, limited offer

★ **ONLY \$9 PER WEEK** ★

Direct debit membership

★ **UNLIMITED ACCESS** ★

to 8 Teen - only fitness classes p/week

★ **ADDED BONUS** ★

**FREE** unlimited pool entry

\*Terms & Conditions apply



**SOUTH WEST SPORTS CENTRE**

1 Rotary Ave  
Bunbury WA

Ph: 9795 2222  
Fax: 9792 7184

[www.southwestsportscentre.com.au](http://www.southwestsportscentre.com.au)

Exciting New Timetable  
Includes Radical Fitness Programs

**KiMAX & Ubound**



*"Part of Your Everyday"*

# TEEN FITNESS

Gym Circuits ★ Group Fitness ★ RPM  
★ Recreational & Lap Swimming ★



**For 11 - 15 year olds**

Improve self esteem and body image

Tone and shape your body

Develop muscle strength

Improve fitness

Develop healthy habits for life

**From 1st April 2012**

[www.southwestsportscentre.com.au](http://www.southwestsportscentre.com.au)

# TEEN FITNESS CLASS TIMETABLE

<b>MIXED TEEN PUMP</b>	Classes modified to suit teens. Use barbells to strengthen, tone and challenge your whole body. Your choice of weights enables you to get the results you want. All choreographed to great music.
<b>MIXED TEEN STEP</b>	An energizing, athletic step class using height adjusting steps. Motivating music and simple moves make this class Fun & easy to follow.
<b>MIXED TEEN RPM</b>	An indoor cycling workout where you ride to the rhythm of powerful music. Let our inspiring leader take you over the hills, flats, mountain trails & interval training.
<b>MIXED TEEN KIMAX</b>	This amazing class uses free standing boxing bags and requires absolutely no co-ordination to have an awesome workout. KIMAX will have you throwing punches and elbow & knee kicks like a pro on no time.
<b>MIXED TEEN UBOUND</b>	Bounce on in and be prepared to have the most enjoyable workout you will ever have. UBOUND uses mini trampas for a workout with zero impact due to the trampolines elastic nature. Your body works against the ultimate opposing force - GRAVITY!!
<b>TEEN TONE GIRLS GYM CIRCUIT</b>	This one's just for the girls. Under the guidance of our qualified instructor, we'll introduce you to the safe use of gym equipment in circuit-style workout. And it all happens in our downstairs gym away from the prying eyes of the general public.
<b>TEEN FLEX BOYS GYM CIRCUIT</b>	This one's just for the guys. Our qualified instructor will take you through a circuit-style workout and show you how to safely and effectively use gym and cardio equipment to get the results you want.



	MON	TUES	WED	THUR	FRI	SAT
<b>9.30am (45mins)</b>						<b>MIXED TEEN RPM</b>
<b>4.00pm (45 mins)</b>	<b>TEEN—KIMAX</b>	<b>MIXED TEEN STEP</b>	<b>TEEN UBOUND</b>	<b>MIXED TEEN PUMP</b>	<b>MIXED TEEN RPM</b>	
<b>4.00pm (45 mins)</b>	<b>TEEN TONE GIRLS GYM CIRCUIT</b>	<b>TEEN FLEX BOYS GYM CIRCUIT</b>	<b>TEEN TONE GIRLS GYM CIRCUIT</b>	<b>TEEN FLEX BOYS GYM CIRCUIT</b>		

## CLASS DESCRIPTIONS

### TEEN MEMBERSHIP INCLUDES ACCESS TO:

- Gym circuits
- Group Fitness classes
- RPM classes
- Aquatic centre for recreational and lap swimming\*  
\* Children under 13 years of age must be accompanied and supervised by an adult

## WHAT SHOULD I BRING?

- Water bottle
- Towel
- Wear loose comfortable clothing
- Closed in shoes (sneakers preferred)
- Lots of enthusiasm

## TERMS & CONDITIONS

Membership does not include access to the Gym, mainstream Group Fitness & RPM classes or Spa/ Sauna/Steam Room.

## WANT TO KNOW MORE?

Speak to one of our friendly Membership Consultants who can answer all your questions