

Sports Fixtures



	6.00 pm	7.00 pm
<u>Monday.</u>	Volleyball	Volleyball
<u>Tuesday.</u>	Basketball	Basketball
<u>Wednesday.</u>	Mixed Netball	Mixed Netball
<u>Thursday.</u>	Netball	Netball

2008 Team Sport Fixtures

Registration \$ 15.00
 (Insurance incorporated in the registration)
 Game Fee \$ 8.00

Please see counter if you are interested in scoring or reffing any games, you get paid per game for scoring and reffing.

OPENING HOURS

MONDAY 6.00am-8.30pm
 TUESDAY 6.00am-8.30pm
 WEDNESDAY 6.00am-8.30am
 THURSDAY 6.00am-8.30am
 FRIDAY 6.00am-7.30pm
 SATURDAY 8.00am-12.30pm
 SUNDAY 10.00am-12.00pm

ROMA HEALTH AND FITNESS

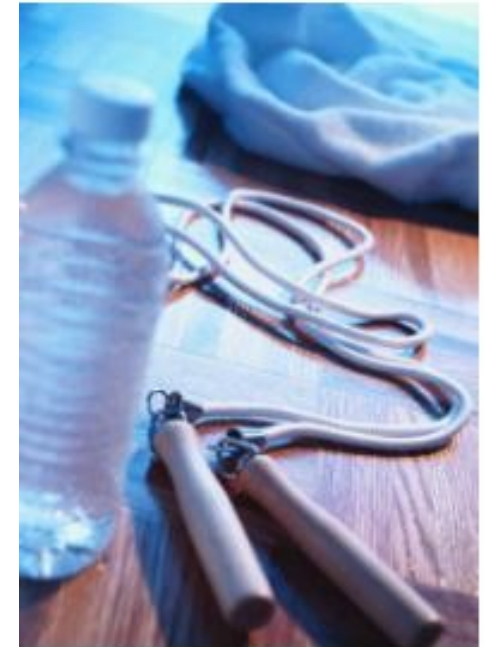
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ROMA HEALTH & FITNESS

Fit for life - your choice



2009

SUMMER/ AUTUMN
PROGRAMME

GROUP FITNESS CLASSES

SUITABLE FOR MALE AND FEMALE PARTICIPANTS.

	6.00am 7.00am	8.30am 9.30am	9.30am 10.30am	5.30pm 6.30pm	6.00pm 7.00pm	7.00pm 8.00pm
Monday	<i>Cardio Circuit</i>		<i>Low impact Fitball Class</i>		<i>Pilates</i>	<i>Novice Pilates</i>
Tuesday	<i>Step Class</i>		<i>G.O.M (grumpy old men)</i>	<i>5-6 pm Low impact Fitball</i>	<i>Tai- Bo</i>	
Wednes- day	<i>Boxer- cise</i>		<i>Heart Starter</i>		<i>Aero- bic</i>	<i>Novice Aero- bic</i>
Thurs- day	<i>Weight Circuit</i>		<i>Low impact Fitball Class</i>	<i>5-6 pm Low impact Tai-bo</i>	<i>Boxer- cise</i>	
Friday	<i>Abs & Butts</i>		<i>Low to med. Circuit Class</i>	<i>Blitz Boot Camp</i>	<i>Blitz Boot Camp 6.30 7.30</i>	

CLASSES WRITTEN IN RED IS ON A TRAIL BASIC 5 DEPENDING ON NUMBERS.

PLEASE NOTE:

- Wear clothes that are comfortable and either aerobic or cross training shoes
- Drink plenty of water to avoid dehydration
- It is important to warm up so please ensure you arrive on time to class
- Please advise your instructor if you are new to class or have health problems or concerns.

Pilates - Novice to Advanced.

Improve your flexibility, balance and muscle tone. This class focuses on abdominal strength as the key to the balanced body. Learn proper breathing technique and body mechanics. Teaching body awareness, good posture and building strength without excess bulk. Suitable for all levels.

Boxercise - Low to hard impact.

A fast-paced cardio class that uses boxing moves to strengthen the cardiovascular system and tone arms and legs, providing the ultimate all body workout. Very efficient form of cross training with emphasis on hand-eye co-ordination, balance and timing. Classes are always fun, energetic and addictive. Our instructors will assist you to work out safely and achieve the level of fitness you wish to attain. Suitable for all levels.

Cardio Circuit - Low / Medium and Advanced.

Be all that you can be. This moderate-intense morning work out will put you through the works. Workouts combine cardiovascular, agility and strength conditioning through running, polymetrics, strength training and cardio conditioning. Suitable for all levels.

Weight Circuit - All levels.

A great workout designed to enhance muscle strength, muscle endurance, joint mobility and circulation. Energize your day with a giant circuit or multiple mini circuits utilizing free weights, machines and benches for 45 min plus warm up & cool down. Work to your own capacity under guidance of an experienced instructor. Suitable for all levels.

Heart Starter (ladies)

Improve your strength, endurance, balance and flexibility. This class combines cardio equipment in the studio with stretching and toning. Exercises can be adapted to accommodate people with physical limitations, including orthopedic restrictions and cardiac issues. Perfect for the over 50's age group or those new to, or getting back into exercise.

G.O.M. (grumpy old men)

A class for the 'Mature Gentleman'. Designed to improve joint mobility and circulation, through a combination of cardiovascular and strength exercises. Enhance your well being and get back in the saddle by joining this class of 'old cowboys'.

Abs & Butts - All levels.

A class that targets, tightens and firms your bottom, abdominals and thighs. Suitable for all levels.

Tai Bo - Low impact and medium to advanced.

Total body fitness class in style with Tae bo. The class is a hybrid of martial arts moves, boxing, aerobics and dance. A high energy class set to music sure to improve your fitness, health and energy levels. Suitable for all levels.

Step - Medium to high impact.

Get an effective cardio workout in this rhythmic aerobic session using step platforms. Steps are adjustable so participants work at their own skill and fitness levels. Moves are less complicated than many other classes and are therefore perfect for beginners but will provide an excellent workout. Suitable for all levels.

Blitz - Boot Camp. Booking essential !!!

This is your perfect end of week fitness hit that will make you feel better about an indulgent dinner over the weekend. A circuit class as hard as you want it to be, depending on your own fitness level. Blitz will give you what you put in to it. Guaranteed to improve fitness, stamina and all round conditioning.

PRICE LIST

Membership

	<u>Junior</u>	<u>Adult</u>
<u>Casual</u>	\$8.00	\$10.00
<u>Weekly</u>	\$25.00	\$30.00
<u>Monthly</u>	\$50.00	\$90.00
<u>3 month</u>	\$ 110.00	\$180.00
<u>6month</u>	\$160.00	\$290.00
<u>12month</u>	\$285.00	\$475.00

Enquire at counter for family rates.

Personal training

Training sessions available by appointment

Lifestyle screening &

fitness appraisal \$50.00

Personal training \$45.00 per hour

Court hire

Enquire at counter for fixtures

Basketball \$12.00 per hour

Netball \$12.00 per hour

Badminton \$20.00 per hour

Futsal \$20.00 per hour

Volleyball \$20.00 per hour

Casual ball hire \$1.00 per person

Sauna

Appointment needed to allow for preheating

Members \$5.00 per 1/2 hour

Casual \$15.00 per 1/2 hour