

# ROMA HEALTH & FITNESS

Fit for life - your choice

**2011  
SUMMER  
Program**



## OPENING HOURS

**MONDAY** 6.00am-8.30pm

**TUESDAY** 6.00am-8.30pm

**WEDNESDAY** 6.00am-8.30pm

**THURSDAY** 6.00am-8.30pm

**FRIDAY** 6.00am-7.30pm

**SATURDAY** 8.00am-12.30pm

**Roma Recreation Centre**

**Cnr George & Quintin St's**

**Po Box 26**

**Roma Qld 4455**

**Phone: 07 46225626**

**Fax: 07 46223607**

**E-mail: romahealthfitness@bigpond.com**

## **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

## **GROUP FITNESS CLASSES**

**SUITABLE FOR MALE AND FEMALE**

**PARTICIPANTS.** Yoga Not included in membership

### Price list

	Junior	Junior Renewal	Adult	Adult Renewal
Casual	\$ 8.00	N/A	\$ 10.00	N/A
Weekly	\$ 30.00	\$ 25.00	\$ 35.00	\$ 30.00
Monthly	\$ 60.00	\$ 50.00	\$ 100.00	\$ 90.00
3 Month	\$ 120.00	\$ 110.00	\$ 260.00	\$ 180.00
6 Month	\$ 175.00	\$ 160.00	\$ 370.00	\$ 290.00

	6.00am	9.30am	6.00pm	7.00pm
<b>Monday</b>			<i>Pilates</i>	
<b>Tuesday</b>	<i>Step</i>	<i>Yoga</i>	<i>Zumba</i>	-
<b>Wednesday</b>		<i>Heart starter</i>	<i>Step</i>	
<b>Thursday</b>	<i>Weight Circuit</i>		<i>Boxercise</i>	
<b>Friday</b>			<i>Zumba</i>	

### Sauna

Appointment needed to allow for preheating

**Members** \$5.00 per 1/2 hour

**Casual** \$15.00 per 1/2 hour