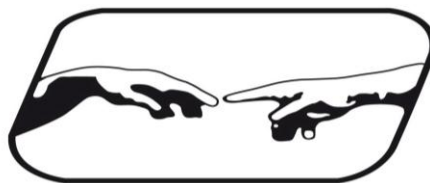


Re-Creation



KEYSBOROUGH

Update Keysborough October 2011

Club Hours

Mon – Thurs:

6am – 11pm

Friday:

6am – 10pm

Sat & Sun:

8am – 6pm

Kids Club Hours

Mon – Fri

9am – 11am



GREAT NEWS

We have now added another 10 group exercise classes a week to our timetable! Commencing 3rd October 2011 **PLEASE NOTE some of the new start times of our evening classes in particular.** Copy of new timetable on reverse.

CLASS OF THE MONTH

“Boxing” on Thursdays and Sundays.

Bored with your usual routine? Try a boxing class in October – a huge calorie burner where you get to punch and kick your way to fitness. Best of all, bring a friend for FREE this month only.



FREE KIDS CLUB

Commencing Monday 3rd October from 9am to 11am. This is a **FREE** service to members only.

Casuals pay an additional fee.



LISTEN UP

Over the next 8 weeks we will be installing a **BRAND NEW** sound system throughout the whole club.

Watch this space!



Personal Training is only available from accredited Re-Creation Personal Trainers:

Murat Mogul....Danni Crowe....Kate Cumbers



Our Personal Training Rates are:

- 30 min single session
- 60 min single session
- Multi visit 5 x 30min sessions
- Multi visit 5 x 60min sessions

For an appointment either call one of our trainers or enquire at RECEPTION