



#### Hi—Lo (1 hour or 45 minutes)

High and low impact moves are combined to achieve a great choreographed, aerobic workout. Optional intensity levels.

#### Step (1 hour or 45 minutes)

Step is a choreographed class involving variations of stepping while performing movement patterns. This class is suitable for all levels of fitness.

#### Yoga Fusion (1 hour) \*

Yoga Fusion combines yoga posture and Pilates stability exercises. Class format includes standing, floor work, functional stability, strength, flexibility and a range of movement, balance and postural awareness. This class is suitable for all levels of fitness.

#### Barbell Sculpt (1 hour)

A Hi Energy Barbell Class designed to target the entire body. This class includes the best resistance style moves and incorporates them giving you the ultimate workout. Suitable for anyone who wants a complete body workout. Give it a try!

#### Combo (1 hour)

This 1 hour class combines cardio, strength and flexibility to achieve an overall workout. Different movement styles and techniques are used such as moving balance/stability work, strength training, body sculpt, hi-lo, low impact and step. This class is welcome to all levels of fitness.

#### Grit Fit (1 hour)

A dynamic mix of exciting new equipment designed to focus on creating a lean athletic body with a strong cardio component.

#### Kickboxing \*

Take out your stresses on a bag. Learn to strike and protect yourself while you burn serious calories. We teach you to use heavy bags, speed balls, wall bags, focus mitts and Thai pads. You'll get in shape fast, improve your fighting technique and have a blast!

#### Metafit \*

Metafit HIIT Training created by a former Royal Marine Commando, Metafit is a simple, non choreographed - no equipment workout that combines traditional bodyweight exercises with the latest techniques to set the metabolism on fire! If you're not at 85% of your max heart rate—it's not HIIT! It's tough, but it works!

\* Classes are held at Fitness Habitat (behind the Healthworks Marden building)



# healthworks

fitness centres  
MARDEN

## **Mars Sporting Complex**

**43-63 Lower Portrush**

**Road Marden 5070**

**Phone (08) 8363 5730**

**[www.healthworksmarden.com](http://www.healthworksmarden.com)**

**Opening Hours 24 hours / 7 days**

**STAFFED HOURS**

**Monday to Thursday 9am to 7pm**

**Friday 9am to 3pm**

**Saturday 9am to 2pm**

**Sunday No Staff**



# memberships

Structure	Gold	Silver	Bronze	Gold Student*
Gym	✓	✓		✓
Cardio Equipment	✓	✓	✓	✓
Step & Freestyle	✓		✓	✓
Yoga	✓		✓	✓
Barbell Sculpt	✓		✓	✓
Grit Fit	✓		✓	✓

  

Pricing Payment up front	Gold	Silver	Bronze	Gold Student*
1 months	\$90	\$84	\$84	\$76
3 months	\$228	\$215	\$215	\$192
6 months	\$399	\$384	\$384	\$299
12 months	\$539	\$499	\$499	\$439

**Direct Debits - We specialise in 12 month plans which are tailored to your financial situation. They can be debited fortnightly or monthly come and see us to discuss your options. ( Our aim is to get you training asap)**

**Card Fee \$40 (once off)**

### casual rates

Aerobic / Grit Fit/ Yoga	\$15.00
Gym Workout	\$15.00
Personal Programs	\$40.00

- No Casual Visits Permitted During Unstaffed Hours.

*\* Conditions Apply: Must be attending secondary or tertiary education facility as full time student and must be working less than 15 hours per week to qualify for Gold Student Membership. (Must be under 25)*



# group fitness timetable

	Mon	Tues	Wed	Thur	Fri	Sat
<b>Morning</b>						
<b>9.15</b>	Step (1 hour)	Combo (1 hour)	Barbell sculpt		Combo (1 hour)	
<b>9.30</b>				Yoga*		Step (1 hour)
<b>10.00</b>						
<b>10.15</b>	Barbell Sculpt					
<b>10.30</b>						Barbell Sculpt
<b>Evening</b>						
<b>5.45</b>						
<b>6.00</b>	Barbell Sculpt	Combo (1 hour)		Grit Fit		
<b>6.15</b>			Kickboxing *			
<b>6.45</b>		Yoga Fusion				
<b>7.00</b>	Metafit *					

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# personal training

All of our personal trainers are qualified and motivated fitness professionals who can design specific training programs to suit your personal goals. .

### 1 Hour Sessions

Single Session	\$50.00
5 Sessions	\$230.00
10 Sessions	\$440.00