












Mon.	06.00 Get Fit Louise	09.00 Tae Bo Charmaine 	09.30 Pump Charmaine 	10.00 Fusion Charmaine	12.00 Get Fit Charmaine	16.30 FS Louise	17.00 Step Louise	17.00 Small Group Dave	17.30 Small Group Dave	17.30 HiiT Jenny	18.00 Pump Jenny	18.30 Fusion Liz
	06.00 Fit Box/FS Gerard	09.00 Step Charmaine 	09.30 Get Fit Charmaine 	10.15 Lift 4 Life Jenny	16.30 Get Fit Maria	17.00 FS Maria	17.30 Tae Bo Charmaine	17.30 Small Group Khaila	1800 FT Helen	18.30 Lift 4 Life Shanil		
Wed.	06.00 FT Jenny	09.00 Get fit Jenny 	09.30 Fusion Maria 	12.00 Get Fit Tony	16.30 HiiT Louise	17.00 FS Louise	17.30 Step Charmaine	17.30 Small Group Maria	18.00 Pump Charmaine	18.30 Fusion Maria		
	06.00 Fit Box Shanil	09.00 HiiT Louise 	09.30 FS Louise 	10.15 Lift 4 Life Maria	16.30 Kombat Step Jenny	17.00 Tae Bo Jenny	17.30 Small Group Dave	17.30 Kettle fit Helen	18.00 FT Helen	18.30 Lift 4 Life Pauline		
Fri.	06.00 HiiT/Pump Charmaine	09.00 Tae Bo/ Fit Fun Charmaine 	12.00 Get Fit Louise	17.15 HiiT Khaila	18.00 Lift 4 Life Shanil							
	07.45 Fit Box Gerard	08.30 Kombat Step Jenny/Lou	09.00 Get Fit Jenny/Lou 	09.30 Tae Bo Jenny/Lou 	10.00 Fusion Liz	11.00 Lift 4 Life Liz	16.00 FS Helen					
Sun.	09.30 Step/ Groove Fit Lou/Charm	10.30 Get Fit Liz	11.00 Fusion Liz	11.30 Fusion Liz	16.00 Yoga Isabelle							




getphysical
Fitness and squa

www.getphysical.net.au
13 Gap Rd Alice Springs NT 0870
Phone 08 89523233

Small Group Bookings essential Max 12

Strength

Mind Body

 Creche Available \$2 per child

Cardio

Mix cardio / strength



Our opening hours

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
06.00-13.00	06.00-13.00	06.00-13.00	06.00-13.00	06.00-13.00	07.30-17.00	
15.30-19.00	15.30-19.00	15.30-19.00	15.30-19.00	15.30-19.00		15.00-17.00

LIFT 4 LIFE AT Alice Springs Aquatic Centre Monday and Wednesday at 5.15pm Small group sessions (Available to all members)
 (Sessions at Town Pool Gym) 14 Speed Street. These sessions are NOT in the pool)

STEP - An excellent total body workout. This class shapes, tightens, burns body fat, has choreography and dance moves.

PUMP A complete muscle workout using barbells and heavy hand weights, easy to follow and effective for all fitness levels.

TAE BO - The best "Martial Arts and Boxing" type workout, simple defence moves that will shape and tone your body. Easy to follow with lots of fun & energy!!

GET FIT - The name says it all; this class will burn body fat, increase strength, core and muscle. Utilising a combination of any class formats but keeping it strong and simple for all fitness levels. This class is great for everyone. Lunch times can come in anytime, warm up on the bike and join in for as long as time permits.

FIT BOX - Using boxing gloves and a partner, this session is based on training concepts Boxers use to keep fit.

FUSION - Utilizing Yoga, Pilates and other mind and body programs, this class will improve flexibility, posture and strength creating a great all over workout. using either rollers, spiky balls, Chi balls to release muscle and fascia

BOOTCAMP - An outdoor 6-week training program which will gradually increase in intensity. It will get you in shape quickly.

KETTLE FIT- This training system provides a complete strength and conditioning service.

Lift 4 Life - A strength training program, developed by researchers at Baker IDI Heart and Diabetes Institute. The program is also ideal for people with, or at risk of a range of chronic diseases as well as those who have previously been sedentary or who are after strong resistance training.

HIIT - High Intensity Interval Training repeated bouts of short to moderate duration (from 20 seconds to 1 minute) exercise that will get you fit quickly, a strong, more advanced workout!

KOMBAT STEP – a basic step with upper body combat moves incorporated (combination of Tae Bo moves using a step)

FUNCTIONAL TRAINING (FT) combines elements of High-Intensity, Circuit Training, Strength and Functional Training. This combination of interval, cardiovascular and strength training has been proven to be the most effective workout method for burning fat and building lean muscle. **FUNCTIONAL STRENGTH (FS)** – is Strength based only.

SMALL GROUP (bookings essential) These NEW sessions are in the circuit room with a trainer and are capped at 12 participants. This is a great cardio, core strength and power workout. Using TRX, wall balls, rowers and a variety of equipment to get a total body workout.

Membership prices	Adults	Students (Under 18)
Monthly Direct Debit Membership (minimum 12 months)	\$20 per week	\$10
Monthly Direct Debit Membership (minimum 6 months)	\$25 per week	\$16
1 Month	\$130	\$70
3 months	\$300	\$200
6 Months	\$550 (cash \$500)	\$300
12 Months	\$900 (Cash \$800)	\$500
Flexi Card 10 full sessions	\$140	\$80
Boot Camp (6-week membership)	\$170	\$100
Casual Visit	\$16	\$10