

MAKE CHANGES, NOT EXCUSES

TOOWOOMBA CLASS TIMETABLE

FROM JULY
👍 **07 4688 0700**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM - 6:30 AM	BOX 4 FITNESS (ELLIE)	X-FIT (JUNO)	SUPER CORE (ELLIE)	STRETCH & MOBILITY (JUNO)	BOOTCAMP (ELLIE)
6:30 AM - 7:30 AM	 ON DEMAND GROUP X ROOM	 ON DEMAND GROUP X ROOM	 ON DEMAND GROUP X ROOM	 ON DEMAND GROUP X ROOM	 ON DEMAND GROUP X ROOM
6:30 AM - 7:30 AM	 ON DEMAND GROUP X ROOM	YOGA (IVORY)	PILATES (KATIE)	PILATES (KATIE)	YOGA (IVORY)
9:00 AM - 10:00 AM	H.I.R.T (ELLIE)	FUNCTIONAL FITNESS (JODY)	SUPER CORE (ELLIE)	EXPRESS FIT (ELLIE)	BOX 4 FITNESS (ELLIE)
10:00 AM - 12:00 PM	LOW IMPACT STRETCH LEVEL 2 (JUNO)	GROUP FITNESS LOW IMPACT (JUNO)	SUPER CORE LOW IMPACT (BROOKE)	LOW IMPACT STRETCH LEVEL 1 (JUNO)	BOOTCAMP LOW IMPACT (JUNO)
12:00 PM - 1:00 PM	H.I.R.T (BROOKE)	KICK BOX (JODY)	SUPER CORE (BROOKE)	KICK BOX (BROOKE)	BOOTCAMP (BROOKE)
1:00 PM - 5:30 PM	 ON DEMAND GROUP X ROOM	 ON DEMAND GROUP X ROOM	 ON DEMAND GROUP X ROOM	PRIVATE BOOKING	PRIVATE BOOKING
5:30 PM - 6:30 PM	H.I.R.T (JODY)	KICK BOX (BROOKE)	BOOTCAMP (JODY)	X FIT (JODY)	FUNCTIONAL FITNESS (JODY)
6:30 PM - 8:30 PM	YOGA (IVORY)	PILATES (KATIE)	 ON DEMAND GROUP X ROOM	BODY PUMP (HAYLEY)	 ON DEMAND GROUP X ROOM



Clive Berghofer Recreation Centre Baker Street, Darling Heights QLD 4350

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USQ WORKS HEALTH & RECREATION CENTRE

OPENING HOURS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00AM - 8:30PM	5:00AM - 8:30PM	5:00AM - 8:30PM	5:00PM - 8:30PM	5:00AM - 8:30PM

MEMBERSHIP INFORMATION

MEMBERSHIP TYPE	6 MONTH INCLUDING 5% DISCOUNT	1 YEAR INCLUDING 10% DISCOUNT	FORTNIGHTLY PAYMENTS
USQ STUDENTS	\$270	\$510	\$21.95
USQ ASSOCIATES	\$270	\$510	\$21.95
GENERAL COMMUNITY	\$332	\$630	\$26.95
CONCESSION	\$308	\$580	\$24.95
CORPORATE	\$308	\$580	\$24.95
CBRC SPORTING PRECINCT PACKAGE	\$377	\$701	\$29.95

*Conditions apply. All prices include GST.

No refunds will be given on 6 & 12 month packages. **CBRC Sporting Precinct Package includes - The Works & Toowoomba Regional Tennis Centre (USQ) Membership.

Strength & Mobility **H.I.R.T** X FIT **BOOTCAMP**
PILATES BOXING Supercore **YOGA** Low impact Movers **ABT**
 EXPRESS FIT **LES MILLS** VIRTUAL FUNCTIONAL FITNESS



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