MAKE CHANGES, NOT EXCUSES

SPRINGFIELD
CLASS TIMETABLE

FROM 8 July 19

CALL 07 4688 0700

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM					EARLY RISERS BOOTCAMP (1 HOUR)
8:00 AM				CIRCUIT	CIRCUIT
10:00 AM	CIRCUIT			POWER HALF-HOUR	STRENGTH TRAINING
10:30 AM	STRENGTH TRAINING			CORE WORKOUT	CARDIO WORKOUT
4:30 PM	BOOTCAMP (1 HOUR)	YOGA (1 HOUR)	PILATES OR BOOTCAMP (1 HOUR)		

NOTE: All classes run for 30 minutes, unless otherwise stated.

Strength & Mobility **H.I.R.T** X FIT **BOOTCAMP**
PILATES BOXING Supercore YOGA EXPRESS FIT ABT

USQ Springfield Campus, Education City,
37 Sinnathamby Blvd, Springfield Central Qld 4305

07 4688 0700

theworks@studentguild.com.au www.usqworks.com.au

THE WORKS
HEALTH & RECREATION CLUB

USQ WORKS HEALTH & RECREATION CENTRE

SPRINGFIELD STAFFED HOURS

$99 JOINING FEE

24HR ACCESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM - 1:00 PM	12:00 PM - 2:30 PM	11:00 AM - 2:00 PM	6:30 AM - 9:30 AM	6:30 AM - 9:30 AM
2:00 PM - 5:00 PM	3:00 PM - 5:30 PM	3:00 PM - 5:00 PM	10:00 AM - 1:30 PM	10:00 AM - 12:30 PM

MEMBERSHIP INFORMATION

MEMBERSHIP TYPE	3 MONTH MEMBERSHIP	6 MONTH INC. 5% DISC	1 YEAR INC. 10% DISC	FORTNIGHTLY PAYMENTS
GENERAL	$189	$332	$630	$26.95
CONCESSION	$175	$308	$580	$24.95
CORPORATE	$175	$308	$580	$24.95
ASSOCIATES	$149	$270	$510	$21.95
USQ STUDENTS	$149	$270	$510	$21.95

*Conditions apply, see our website for further details. All prices include GST.
No refunds will be given on 3, 6 & 12 month packages.

USQ Springfield Campus, Education City,
37 Sinnathamby Blvd, Springfield Central Qld 4305

07 4688 0700

theworks@studentguild.com.au www.usqworks.com.au

THE WORKS HEALTH & RECREATION CLUB