



CIRCUIT CLASS

Work out in a circuit method, supervised and directly guided by our Fitness Trainers. Cardio, resistance training, core exercises and stretches. Three sessions per week.

MON/WED/FRI 8.00AM-9.00AM

30 MIN ABS

This half-hour class comprises a variety of effective abdominal exercises. Led by our Fitness Trainers, it takes place twice a week.

MON/WED 5.30PM-6.00PM & TUE/THU 5.00PM-5.30PM

30 MIN NURTURING MIND

Add some mindfulness to your fitness routine by joining this relaxing session that includes a variety of techniques through movement and/or meditation methods.

THU 11.30AM-12.00PM

curtinstadium.edu.au

STUDIO

LADIES' MEMBERSHIP

MIND + BODY + SOUL

YOUR WORKOUT DAYS REALLY
DESERVE A TRULY SPECIAL
SERVICE AND SPACE



WITH A SCIENTIFIC AND HOLISTIC APPROACH TO WELLBEING, THE STUDIO MEMBERSHIP HAS BROUGHT TOGETHER AN INSPIRED TEAM OF QUALIFIED FITNESS AND WELLNESS EXPERTS TO DELIVER A TRULY MOTIVATIONAL EXPERIENCE, EXCLUSIVELY FOR WOMEN.

Fitness programs are inspired by the diverse backgrounds of our friendly team and designed to deliver nurturing of the mind, body and soul.

The fully-equipped studio offers contemporary cardiovascular machines, free weights and weight stations for a total body workout. Personal training

and a diverse range of training programs are also available with our qualified health and fitness professionals.

As a member of the Studio, you will enjoy exclusive access to the studio space, a range of training programs and discounts at Curtin Stadium, plus a free personal training session every three months.

STUDIO OPENING HOURS

MORNING SESSIONS:

Monday, Wednesday, Friday 6.00am–10.00am
(6.00am–7.00am unsupervised)

Tuesday, Thursday 9.00am–12.00pm
(9.00am–10.00am unsupervised)

EVENING SESSIONS:

Monday to Thursday 4.00pm–6.30pm

FITNESS CENTRE OFF PEAK ACCESS

Monday to Friday 6.00am–3.00pm **Saturday & Sunday** 8.00am–12.00pm



STUDIO MEMBERSHIP

ACCESS TO STUDIO AND OFF PEAK FITNESS CENTRE

3 months upfront	\$199
6 months upfront (+ 2 extra free weeks)	\$398
12 months upfront (+4 extra free weeks)	\$796
12 month salary packaging	\$27.83/fn

STUDIO GOLD MEMBERSHIP

ACCESS TO STUDIO AND OFF PEAK FITNESS CENTRE
+ GROUP FITNESS CLASSES

3 months upfront	\$279
6 months upfront (+ 2 extra free weeks)	\$458
12 months upfront (+ 4 extra free weeks)	\$916
12 months salary packaging	\$32.03/fn

Go to curtinstadium.edu.au for more information and the group fitness timetable.