

Group Exercise

at Exclusively You H&F

Oxenford

Leatherline Centre
Suite 2/131 Old Pacific Hwy



**\$19/week
Unlimited
Pass!!**

Day/ Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am						
7am						Urban
9am	Box Fit		Circuit		Box Fit	Box Fit
1pm		X-Circuit				
6pm	Circuit	Box Fit	Circuit	Box Fit		

Pay as You Go:

Casual: \$15 10 Pass: \$130

20 Pass: \$220

Unlimited Class Monthly Pass: \$19/week* or \$90

Class Descriptions

Circuit:

This high energy full body class incorporating the use of your abdominals, arms, legs and cardio to strengthen and tone for a sexy and more flexible new body!!

Box Fit:

Hook, jab, kick your way to fun and fitness with a high-energy pad and bag boxing workout to music.

X-Circuit:

This full body cross-circuit class will get your muscles working. A great express weight training circuit session to increase your strength and turn your body into a fat burning machine

Urban:

This entertaining session utilises the great outdoors and the local areas surrounds with a workout that will get you sweating and puffing your way through a super cardio based circuit.

Limited Availability, Bookings Essential!!

Call to Book: 5580 3353

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