

INFO PACK



THE HGC FIT PROGRAM

Our program is designed specifically for all fitness levels to provide a broad range of fitness solutions in a safe, fun and supportive environment. Using state of the art fitness equipment, our trainers will introduce you to programs that support you to reach your goals and improve your overall health and fitness.

TRY BEFORE YOU BUY

The "try before you buy" period allows you to attend HGC FIT FOR 1 week and at the end of the week, if you feel that HGC FIT isn't for you, you can leave without making any payment. Before attending any sessions during your trial you need to create an account as outlined on page 6 of this info pack.

TESTIMONIAL

HGC Fit - a combination of great facilities, wonderful trainers, and a fun and energetic group of people. Having a chat and laugh while working out makes time fly, Dale and Kelly are full of energy and always smiling, constantly watching and encouraging everyone to go harder, while always focusing on technique and safety. Can't be beaten on value for money - amazing!

Thanks for providing a great fitness opportunity for the community.





2019 TIMETABLE & OPENING HOURS

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Crazy cardio + Express abs	Strength training	Boxing	HGC Warriors	H.I.I.T
6:45am		Recovery (10 min)		Recovery (10 min)	
7:00am	HGC Warriors		Strength training		Boxing
9:00am	Boxing KID FRIENDLY	Super circuit KID FRIENDLY	HGC Warriors KID FRIENDLY	H.I.I.T KID FRIENDLY	Express abs + Recovery KID FRIENDLY
1:15pm	Sports Conditioning TEEN GYM	Boxing TEEN GYM	Crazy cardio TEEN GYM	Mystery Day TEEN GYM	Sports Conditioning TEEN GYM
2:00pm	Crazy Cardio KID FRIENDLY	HGC Warriors KID FRIENDLY	Boxing KID FRIENDLY	Strength training KID FRIENDLY	Super Circuit KID FRIENDLY
3:10pm	Boxing TEEN GYM	Sports Conditioning TEEN GYM	Mystery Day TEEN GYM	Sports Conditioning TEEN GYM	Crazy cardio TEEN GYM
4:00pm		Express Abs (30 min)		H.I.I.T (30 min)	Boxing (30 min)
4:30pm	Super Circuit	Boxing	Strength training	HGC Warriors	
5:20pm		HGC Warriors (30 min)		Boxing (30 min)	

ADULT Opening hours Monday to Friday

- 6:00am to 8:45am (9am class's are run from Scout hall)
- 2:00pm to 3:00pm
- 4:00pm to 6:00pm (Friday closes at 4:30pm)

TEEN Opening hours Monday to Friday

- 1:15pm to 2:00pm (Lunch time)
- 3:00pm to 4:30pm
- 7:00am to 8:15am (Tuesday and Thursday)

ALL CLASSES ARE 45 MINUTES UNLESS STATED

TIMETABLE IS SUBJECT TO CHANGE

2019 CLASS DESCRIPTIONS



Super circuit:

Each class will use varied equipment but structured in a familiar way. Typically there will be 10 stations with a set work time and break. These sessions are always interesting and the time will pass quickly.

H.I.I.T:

High intensity interval training is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

HGC warriors:

A true hybrid class which is a mixture of all our classes, plus some surprises. Think boot camp but without the boot!

Strength training:

A low impact class focusing on strengthening your muscles, ligaments and tendons. You will learn how to complete resistance training in a safe & controlled environment.

Boxing:

Burn calories and feel stronger throughout your entire body with our boxing class. No experience is needed and don't stress if you don't have a partner, though it is handy! We supply the boxing gloves and pads, participants need to supply inners and or wraps. (available for purchase at HGC FIT)

Express abs:

This entire class is focused on your abdominals. Fitballs, hand weights and body weight will be utilised to have your core feeling strong and developed.

Recovery:

Implement recovery techniques into your routine with our recovery class. Stretch using powerbands, loosen your muscles with foam rollers and work out knots with trigger point therapy.

Crazy cardio:

Get ready to improve your cardiovascular fitness in a safe and controlled environment. You will learn how to use the cardio machines in the wellness center and get the most out of your time. Team and solo challenges will have your heart pumping.

Sports conditioning:

Strengthen your body functionally to perform better on the field, sessions are designed around a chosen sport each fortnight.

Mystery day:

What do these sessions involve? Attend to find out!

Kid friendly:

Classes labelled "kid friendly" has a safe sectioned off area of the gym where your kids can play with supplied toys and watch cartoons on the TV. Parent supervision of children is required throughout the session.

The 9am Kid friendly sessions are run from the scout hall.

Supervised general gym time:

During the teen gym and adult opening hours, members are able to come in and complete their own workouts whilst being supervised by our HGC FIT trainers.



2019 ADULT PRICING

UNLIMITED MEMBERSHIP FOR 1 TERM:

\$150

15 VISIT PASS:

\$135

10 VISIT PASS:

\$120

CASUAL:

\$15

**"Great value for money and
no long term commitment"**





2019 TEEN PRICING

UNLIMITED MEMBERSHIP FOR 1 TERM:

\$105

15 VISIT PASS:

\$80

10 VISIT PASS:

\$75

CASUAL:

\$11

"Participate in as many classes as you want for \$10.50 per week"





IMPORTANT INFO

- HGC Teen gym members can sign up from year 7 and up
- All HGC FIT teen gym members partake in an induction **prior** to their first class or session.
- **Year 7** HGC FIT teen gym members are required to wear a HGC FIT wrist band whilst at the gym and have access only to our structured group fitness class's and cardio area. (wrist band is supplied at first session)
- When signing up your teen, please use their information for the sign up process.
- Visit pass's can be used for group fitness classes
- Visit pass's can be used for general gym sessions (except year 7)
- Unlimited memberships include both group fitness classes and your own general gym sessions for your applicable timetable and opening hours
- All members (**INCLUDING FREE TRIAL MEMBERS**) are required to use their PT minder account to make purchases, and book in for group fitness **and** gym sessions
- Make bookings a breeze with the "PT minder" App on your phone or tablet
- No direct debit, No sign up fees, no hidden fees
- Full Terms and conditions and waiver on your PT minder account upon sign up

HOW TO SIGN UP FOR FREE TRIAL/PAY FOR THE TERM

1: Create an account at: <https://hgcfittminder.com/>

2: Access the **store**, read the package descriptions and purchase the applicable package

3: For the FREE trial be sure to enter the promo code: FREE

4: If you need assistance with signing up please contact Dale Gibson via email

CONTACT US

Email: HGCFit@hazelglencollege.com

Website: <http://www.hgc.vic.edu.au/hgc-fit/>