

Email: alancoulterrc@belgravialeisure.com.au
 Website: www.alancoulterrecentre.com.au
 Phone: 8586 6072

Please remember to bring a towel and water.
Please wipe down all equipment before and after use.



Group fitness timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM		Strength for life		Strength for life	Golden Oldies
10:00AM		Strength for life		Strength for life	
11:15AM	Aqua fitness				
6:00PM		Aqua HIIT			
6:30PM	Spin	Body Pump	Body Balance	Body Pump	

Tuesday night Aqua HIIT is currently postponed until further notice.

If you are interested in attending this class please leave your contact name and number with us.