

MEN'S FITNESS CENTRE GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45AM			CYCLE 45MINS		CYCLE 45MINS
10:00AM		STRETCH 60MINS			
10:30AM					STRETCH 60MINS
12:00PM					
12:00PM				TECHNIQUE BOXING 45MINS	
12:15PM		CARDIO BOXING 45MINS	CYCLE 45MINS		
1:00PM			RO-BO FITNESS 45MINS <small>MIXED CLASS IN WOMENS GYM LEVEL 3</small>		X ZONE 30MINS
5:30PM		YOGA 5:15PM 60MINS		YOGA 60MINS	
5:45PM	FUNCTIONAL TRAINING 45MINS •		FUNCTIONAL TRAINING 45MINS •		FUNCTIONAL TRAINING 45MINS •

• = MIXED CLASS, MEN'S GYM
(WOMEN WELCOME)

MEN'S FITNESS CENTRE

CLASS DESCRIPTIONS

GROUP EXERCISE

This 45 minute class will get your heart pumping!

A combination of free weights, abdominal training and boxing.

STRETCH

Is your flexibility not what it used to be?

Then why not try our 60 minute class that is designed to increase flexibility, reduce muscle tension and increase circulation?

YOGA

Experience the benefits of Yoga in this 45 minute class. Feel the difference while you improve strength, flexibility and also posture.

CARDIO BOXING

Guaranteed to burn calories.

Build muscle strength, endurance, balance, agility and coordination all in the one class.

CYCLE

Are you ready for the ultimate cardio session?

Burn Calories, build muscle tone, increase cardio endurance. For an introduction to a class, please see our friendly gym floor staff.

FUNCTIONAL TRAINING

High Intensity Interval Training.

This fun and highly-charged class will enhance metabolic conditioning and functional strength – two of the more critical components of holistic fitness and wellbeing.

X ZONE

This class is designed for the time-poor fitness guru.

For 30 minutes, participants will receive a dynamic fast-paced training session.

RO-BO FITNESS

A combination class of half rowing and half boxing. High energy and intensity class. Great for cardio, overall body strength and great for self-defence.

TECHNIQUE BOXING

A great cardio workout which teaches correct boxing technique. Excellent for self defence skills and building confidence.

CITY TATTERSALLS CLUB
FITNESS. HEALTH.
LIFESTYLE.

MEN'S ONLY FITNESS CENTRE PRICELIST



FITNESS CENTRE MEMBERSHIP OPTIONS

GYM RATES	GOLD	SOCIAL
WEEKLY	\$15	\$18.5
MONTHLY	\$75	\$89
12 MONTHS PAID UPFRONT	\$700	\$850

CTC CLUB MEMBERSHIP

GOLD • \$70

GOLD 3 YEARS* • \$140

*RECEIVE \$100 IN CLUB CREDITS

SOCIAL • \$5

SOCIAL 3 YEARS* • \$10

If you have any questions, please see our friendly Customer Service staff or City Tatts gym staff.

MONDAY - FRIDAY 5:30AM to 8:30PM • **SATURDAY** 6:00AM to 4:00PM

Closed Public Holidays.

Terms and conditions apply*

www.citytatts.com.au



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PERSONAL TRAINING

If you are interested in making an appointment with one of our Personal Trainers, leave your name, phone and/or email address. One of our trainers will contact you within 24 - 48 hours to assist you with your personal training needs. Alternatively, you can contact them directly. Business cards are located at the gym reception desk.

It is recommended to book a follow-up consultation every 6 weeks

SESSIONS	30 MIN	55 MIN	X2 PARTNER TRAINING 55 mins Only	PARTNER TRAINING* 55 mins Only
SINGLE SESSION	\$55	\$75	\$90	
6-PACK SESSION	\$291	\$412	\$582	Valid for 7 weeks from start
12-PACK SESSION	\$576	\$800	\$1020	Valid for 13 weeks from start
18-PACK SESSION	\$810	\$1134	\$1476	Valid for 19 weeks from start

Note:

Payment can be made by Cheque, Cash or Internet Banking directly to the Personal Trainer.

Terms & Conditions

- 24hrs notice of cancellation is required prior to session time - otherwise full payment will be charged.
- Full payment to be made prior to commencement of session.

*Partner Training only available during Off Peak times: 8am - 12pm or 2pm - 5pm

MEN'S BARBER SHOP

BOOKINGS CAN BE MADE THROUGH THE CLUB ON 02 9267 9421

TRADING HOURS

MONDAY:	10AM TO 6PM
TUESDAY:	10AM TO 6PM
WEDNESDAY:	10AM TO 6PM
THURSDAY:	10AM TO 6PM
FRIDAY:	10AM TO 6PM

PRICING

HAIRCUTS	\$25
BUZZCUTS	\$20

PLEASE NOTE

PAYMENT IS MADE DIRECTLY THE BARBER OR MASSAGE THERAPIST AND IS CASH ONLY
MASSAGE THERAPIST DOES NOT SUPPLY HEALTH CARE REBATES



City Tattersalls Club Fitness Centre
194-204 Pitt Street Sydney
For enquiries please call 02 9287 6443





MEN'S MASSAGE THERAPIST

BOOKINGS CAN BE MADE THROUGH THE CLUB ON 02 9267 9421

TRADING HOURS

MONDAY:	8.00AM TO 5.00PM
TUESDAY:	8.00AM TO 5.00PM
WEDNESDAY:	8.00AM TO 5.00PM
THURSDAY:	8.00AM TO 5.00PM
FRIDAY:	8.00AM TO 5.00PM

PRICING

MASSAGE (30MINS)	\$35
MASSAGE (60MINS)	\$55
EXPRESS MASSAGE (20MINS)	\$20

PLEASE NOTE

PAYMENT IS MADE DIRECTLY THE BARBER OR MASSAGE THERAPIST AND IS CASH ONLY
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