



**BOOKINGS
ESSENTIAL**
via the Peak Body app.

**\$10 CASUAL
CLASSES**

SMALL GROUP SESSIONS
Effective 25th April 2024

MON TUES WED THUR FRI SAT

5:30AM	PEAK STRENGTH		PEAK STRENGTH		PEAK STRENGTH	
9:30AM	PEAK STRENGTH	PEAK CONDITIONING	PEAK STRENGTH	PEAK CONDITIONING	PEAK STRENGTH	THE SESSION 8:30AM
4:30PM	PEAK STRENGTH		PEAK STRENGTH			

PEAK STRENGTH

Programmed for all levels of resistance, training abilities and experience, Peak Strength is perfect for building strength and lean muscle. The class begins with mobility and activation specific for the muscles and joints targeted for that session. We then transition to the main strength component, focusing on compound movements that we perform in everyday life.

PEAK CONDITIONING










A 45 minute session that will have you working your aerobic system with a combination of body weight, cardio machines and light equipment.

THE SESSION

A 45 minute session that varies each week between TRX straps, stick mobility, movement and body weight conditioning.



PEAKFIT UNLIMITED MEMBERSHIP

-  **Unlimited PEAKFIT Classes**
-  **Full access gym and all group fitness classes**
-  **FREE Creche**
-  **Free Body Scans**
-  **15% off all True Protein products**
-  **Full access to all challenges and prizes**
-  **Education Workshops**
-  **Free monthly Guest Pass to any PEAKFIT class**
-  **Peak Body towel**

**See reception to upgrade
your membership now to**

PEAKFIT UNLIMITED

\$50/week

Monday-Friday 5am-8pm
Saturday-Sunday 7am-3pm
Public Holidays 7am-3pm
PH: 9448 0333

