

# COLLINGWOOD ESTATE GYM TIMETABLE



EFFECTIVE 31 JANUARY  
TO 22 FEBRUARY 2022

TIME	MONDAY	TUESDAY
4.15pm to 4.45pm	Yarra Youth	Yarra Youth
5pm to 5.45pm	Circuit 45	Women's Only Circuit 45
6pm to 7.45pm	Open Gym	Women's Only Open Gym

## HOW MUCH IS A CLASS?

- Members: free
- Non-members: \$2
- Yarra Youth classes (14 to 17 years): free

## HOW DO I BOOK?

We are not accepting bookings. Our sessions are based on a first in best dressed basis, so please turn up for the session.

Please note, we have strict capacity limits for each session so we cannot guarantee a spot.

More information visit [leisure.yarracity.vic.gov.au/ceg](https://leisure.yarracity.vic.gov.au/ceg) or call us on 9205 5522

## OUR CLASSES

### OPEN GYM

An open gym session where you can complete your own workouts in a regular gym environment. Instructors are available to provide assistance and guidance if you need it.

### CIRCUIT 45

A mixture of cardio, functional and strength training using multiple intervals and various equipment to get you fit, fast and strong.

### WOMEN'S ONLY GYM

An open gym session for women only where you can complete your own workouts in a regular gym environment and use all of the equipment. We have only female instructors who are available to provide assistance and guidance if you need it.

### WOMEN'S ONLY CIRCUIT 45

For women only with female instructors. A mixture of cardio, functional and strength training using multiple intervals and various equipment to get you fit, fast and strong.

### YOUTH CLASS

A fully supervised gym class for teenagers aged 14 to 17 providing an introduction to gym training. Using cardio machines and bodyweight exercises this class will give you the confidence to exercise safely and effectively in a gym environment.

## IMPORTANT INFORMATION

- In line with Victorian Government regulations, proof of full vaccination as part of the check-in process for everyone aged 18 years and over is required. If you are medically exempt you will need to provide proof.
- You must maintain 1.5 metres distance between other patrons and staff at all times.
- Practise good hygiene before, during and after your session.
- Advise instructors before class begins of existing injuries/conditions or pregnancy.
- If leaving before class finishes, leave your equipment to be put away by the instructor to avoid disturbing others.
- You must bring a sweat towel and use where possible.
- You must follow the advice and instruction of staff at all times.
- View the most up to date information on how to help us stay COVID-safe on our Road to Reopen hub at [leisure.yarracity.vic.gov.au/road-to-reopen](https://leisure.yarracity.vic.gov.au/road-to-reopen)



Follow us @yarraleisure