



# WEEKLY TIME TABLE

☎ (08) 9584 4969  
 ✉ info@feelgoodfitness.com.au  
 📍 56 Reserve Drive, Mandurah

	MON	TUE	WED	THU	FRI	SAT
5am	BEGINNERS SMALL GROUP 5:30-6:15					
6am	BEGINNERS SMALL GROUP 6:30-7:15					
7am	BEGINNERS BIG GROUP 7:30-8:15	BEGINNERS BIG GROUP 7:30-8:15	BOXERCISE 7:30-8:15	BEGINNERS BIG GROUP 7:30-8:15	BEGINNERS BIG GROUP 7:30-8:15	BEGINNERS SMALL GROUP 7:00-7:45
8am						8:00-8:45
9am	BEGINNERS SMALL GROUP 9:00-9:45	BEGINNERS SMALL GROUP 9:00-9:45	BEGINNERS SMALL GROUP 9:00-9:45	BEGINNERS SMALL GROUP 9:00-9:45	BEGINNERS SMALL GROUP 9:00-9:45	BEGINNERS BIG GROUP 9:00-9:45
9:30am	BEGINNERS BIG GROUP 9:30-10:15	BEGINNERS BIG GROUP 9:30-10:15	BOXERCISE 9:30-10:15	BEGINNERS BIG GROUP 9:30-10:15	BEGINNERS BIG GROUP 9:30-10:15	
10am	BEGINNERS SMALL GROUP 10:00-10:45					
10:30am	BEGINNERS BIG GROUP 10:30-11:15	BEGINNERS BIG GROUP 10:30-11:15		BEGINNERS BIG GROUP 10:30-11:15	BEGINNERS BIG GROUP 10:30-11:15	
11:00am			BEGINNERS SMALL GROUP 11:00-11:45	BEGINNERS SMALL GROUP 11:00-11:45	BEGINNERS SMALL GROUP 11:00-11:45	
4pm	BEGINNERS BIG GROUP 4:00-4:45	BEGINNERS BIG GROUP 4:00-4:45	BEGINNERS SMALL GROUP 4:30-5:15	BOXERCISE 4:30-5:15	BEGINNERS BIG GROUP 4:30-5:15	BEGINNERS BIG GROUP 4:30-5:15
5pm	BEGINNERS BIG GROUP 5:00-5:45					
6pm	BEGINNERS SMALL GROUP 6:00-6:45	BEGINNERS BIG GROUP 6:00-6:45	BEGINNERS SMALL GROUP 6:00-6:45	BEGINNERS BIG GROUP 6:00-6:45	BEGINNERS SMALL GROUP 6:00-6:45	BEGINNERS BIG GROUP 6:00-6:45
7pm	BEGINNERS SMALL GROUP 7:00-7:45	BEGINNERS BIG GROUP 7:00-7:45	BEGINNERS SMALL GROUP 7:00-7:45	BEGINNERS BIG GROUP 7:00-7:45	BEGINNERS SMALL GROUP 7:00-7:45	BEGINNERS BIG GROUP 7:00-7:45

# Group Classes

## Beginners Small Group

This zone is for a maximum of 5 beginner fitness members to one personal trainer. This is for you if you prefer a more personalised service to help specify individual exercises to maximise results.

We have had many success stories within this zone, with some clients losing up to 40-50kg of excess weight and massively improving their mental health & wellbeing. An inspirational zone to be part of with amazing outcomes for our members.



### MEMBERSHIP PRICES

#### BEGINNERS BIG GROUP/BOXING

2 CLASSES PER WEEK \$30

3 CLASSES PER WEEK \$42

UNLIMITED CLASSES PER WEEK \$50

#### BEGINNERS SMALL GROUP PLUS/BOXING

2 CLASSES PER WEEK \$60

3 CLASSES PER WEEK \$81

UNLIMITED CLASSES PER WEEK \$85



### CASUAL PACK PRICES

#### BEGINNERS BIG GROUP/BOXING

1 CLASS \$20

10 CLASSES \$ 170

#### BEGINNERS SMALL GROUP

1 CLASS \$35

10 CLASSES \$300



### MEMBERSHIP CONTRACT TERMS

#### CANCELLATIONS

A 30 day in writing Notice is needed to cancel your Contract with Feel Good Fitness WA.

This is to help our Beginners that feel like quitting if they have had a bad week eating or have been lacking to exercise. We have time to help the client to get them back on track with the help and support of our company.



**\$100 CASH**



We offer an incentive for existing members to bring New Friends or Family along with a chance to help them change someone else's life, Plus receive the client \$100 cash for helping Feel Good Fitness WA Grow!

## Fitness Programs for Beginners

### Group Classes

#### Beginners Big Group

Our Beginners Big Group beginner zone workout's are for General Health and fitness and a great starting point, enabling you to exercise with a team of fellow fitness beginners in a fun and supportive space.

Each session will have a max of 20 people, where our one Personal Trainer will guide you through a variety of exercises which can be easily modified to suit your level, with a focus on demonstrating correct techniques to ensure maximum safety at all times.

### Feel Good Fitness Programs

#### Beginners Boxercise

This fun beginners' boxing class lets you release all that anger and stress that build up throughout your normal day-to-day work and life.

A great cardio workout helping you to burn more calories and improve your strength and fitness.

