

# "QUICKIE"<sup>™</sup> Workout Options

## QUICKIE<sup>™</sup> PERSONAL TRAINING

2 X 30 minute one-on-one workouts. For those who want a more personalised workout, then the PT QUICKIE<sup>™</sup> Pack is for you. Here you will get special one-on-one attention from one of our qualified Personal Trainers to ensure that you not only feel safe and comfortable, but also ensures your health and fitness training exercise needs are met. **For only \$29 the PT QUICKIE<sup>™</sup> Pack is the way to go!**

---

## QUICKIE<sup>™</sup> CYCLE

Be part of the QUICKIE<sup>™</sup> revolution and join in on a QUICKIE<sup>™</sup> CYCLE CLASS. Let our instructors take you on the QUICKIE<sup>™</sup> journey as you cycle your way to being healthy. This 30 minute instructor driven class will get you FITTER QUICKER!! For those who miss a class or can't make one, then relax. We have a SOLO QUICKIE<sup>™</sup> CYCLE for you at no cost! Our "on-screen" instructors will take you on a journey through our own designed cycle DVD, that will be playing in the studio when the classes are not! See the timetable for when our QUICKIE<sup>™</sup> CYCLE classes are on. **For only \$2 a QUICKIE<sup>™</sup> CYCLE CLASS, we dare you!**

---

## QUICKIE<sup>™</sup> CIRCUIT

For those who are ready to get those muscles moving and the blood flowing, the QUICKIE<sup>™</sup> CIRCUIT is the way for you. With 20 hydraulic resistance stations and a simple timer system, you will get to move through each station with ease and get every muscle in your body working with ease. With only 3 laps of the circuit needed, you will have yet another 30 minute QUICKIE<sup>™</sup> workout under your belt! See the timetable for your supervised QUICKIE<sup>™</sup> CIRCUIT workout!

---

## QUICKIE<sup>™</sup> EXPRESS

Get the most out of your workout with the 30 minute QUICKIE<sup>™</sup> EXPRESS, the workout that has both a cardiovascular and a resistance training component to it. With 2 lots of 8 minute cardio stations, one being the recumbent bike and the other being the elliptical cross trainer, you will get your heart rate going ready for your 8 lots of resistance stations. Using the green light system, spend one minute on each and move through until you have reached the end. To finish you will have 6 minutes left to get that tummy working and finish with a good stretch of your hard worked muscles. The Ultimate QUICKIE<sup>™</sup> for those who are new to exercise or those that want it all in one! See the timetable for a supervised QUICKIE<sup>™</sup> EXPRESS workout!

