

# CITYFIT FITNESS CLUB

# WHAT'S ON IN AUGUST



## GROUP FITNESS

GROUP FITNESS just got more exciting!! **MATTY POWER** has recently completed his Aqua training and will be joining the team. With mentoring from Mat and Alisha you can expect Matty to bring variety and vigour to your workout!

**JOE BENNETT** has also recently completed her advanced instructor module training in BodyPump.



## FUN IN KIDS CLUB

Kids Club in August our **BOOK WEEK** (Sat 19th to Sat 26th) Theme is 'Escape to Everywhere'. We will also be getting involved in **CUPCAKE DAY** for the RSPCA and **DAFFODIL DAY**.



## FXT PROGRAM

Online booking is now available for your Team Coaching and Small Group sessions. Just follow the link, register and book in <https://member.clubware.com.au/CityFitBathurst/TimeTable>.

To find out more about our FXT Program ask at reception.



## SWIM SCHOOL

Swim School's August **THEME WEEK** (Mon 7th to Sat 12th Aug) is Merpeople!

Put some sparkle on and join in the fun.

(No merpeople tails in the pool)