

Mayfield Club Classes



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00am	Pilates Anna-Marie	Dance Anna-Marie	Gym Circuit Anna-Marie	Strength & Mobility Haleigh	Strength & Mobility Haleigh		
11:00am	Yoga Anna-Marie	Stretch & Relax Anna-Marie	Float Synergize Anna-Marie	Circuit Haleigh	Lightweight Full Body Workout Haleigh		

Advance booking required and subject to availability. All participants must be inducted before using the Mayfield Club, please see reception to book.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.
(Additional charges will apply)