

Training Sessions

Balance - A class that reinforces flexibility & strength, combining the best of Yoga, Tai Chi & Pilates to bring your mind & body into perfect harmony.

Body Stretch - A great place to start improving your spinal/joint mobility, strength & range.

Cardio Endurance - Fast track to jog/running fitness with this little gem that'll get you race ready in no time at all !

Cardio Outdoor - Cardio Outdoor is real life fitness using a variety of cardio styles. Train in the fresh air, amongst beautiful scenery & with plenty of variety every session.

Ki-Max - meaning 'maximum energy' is the simple, 'no co-ordination' required free standing bag Kickboxing program that has done the unimaginable ...created a total body workout for absolutely anybody!!

Pilates - A low key, non-impact session that works you from the core!! Great session for back problems & general re-habilitation.

Power Tone -still world's most popular class

A rapid fat-burning class that uses barbells to give you the fastest way to tone & condition muscles!

Senior Fit - Low impact Cardio / Toning session that packs a smile typically for 50+

Spin (Top Ride) - Burn calories fast and tone.TOP RIDE ® assimilates the action of road, track and mountain biking to give participants the ultimate 'ride' & an unforgettable experience.

Health Checks - Stay accountable to your goals. Measuring blood pressure, fat/water/lean tissue %'s + heart rate recovery, flexion range & strength levels.

Zen Do Kai - A modern and effective system of self defence aimed at helping individuals achieve their personal best.

Muay Thai Kick Boxing - suitable for anyone wanting an easy to learn a sports based fighting style, with a fitness kick.

Ground Fighting - A style that uses takedowns & positioning to control and subdue an attacker rather than punches and kicks.

Wing Chun Kung Fu - Explore a truly powerful soft style of Martial arts created by a Buddhist Nun. Correct posture, build confidence fast.

Services

- Fitness & martial arts for anybody & any budget
- Fully Air-conditioned Studio
- 24 Hour / 7 Day access
- Virtual Theatre & Cycling
- Health Checks
- Weightloss Counseling
- Regular Club & Training Events
- Corporate Training
- Kids Training

www.**thinkingfitness**.com.au

reality pt
fitness for real people

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













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“Train Smart-Live Well”

Phone: 0428 828 931

Port Lincoln Timetable (from 01st March 2010)

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	 =30min Gym Session  =45min Session		POTS 		POTS 	7.30am Outdoor Cardio (FS)	
9.15am	9.30am POTS (Sam) 		Power Tone	9.30am POTS 	Power Tone Freestyle	9am Balance	Power Tone 
10.15am			Balance			10.15am POTS	
2pm			SeniorFit				
3.45-4.15pm				Kids ZDK (5-7yrs) 			
4.30-5.15pm				Kids ZDK (10-13yrs) 	4pm Kids Ki-Max 		
5-6pm	Zen Do Kai Kids (8-10yrs)		Zen Do Kai Kids (8-10yrs)	5.15pm Cardio Endurance (FS)	5.15pm Balls & Bands Core Pilates		
5.30pm	Outdoor Cardio (FS) 	Spin		Power Tone	POTS 		
6.30-8pm	Zen Do Kai Adults	6.35pm Balance	Zen Do Kai Adults	6.35pm Yoga			
6.30-8pm	Wing Chun	6.45pm POTS 		7.35pm Spin			
8-9pm	GroundFightng	7.35pm Ki-Max 	Muay Thai KickBoxing				

POTS = Progressive Overload Training System 

Coming Soon

We would love to hear your feedback...

Please rate each question from 1-10 (10 being the best standard)

Standard of Training Sessions ?

Answer (1-10)

Why ?

Friendly, helpful & knowledgeable staff ?

Answer (1-10)

Why ?

Our follow-up on your enquiries or extra assistance requested ?

Answer (1-10)

Why ?

Standard of venue, equipment & amenities ?

Answer (1-10)

Why ?

Comments:

Please include any ideas to make our club better for everyone !

Name

Address

Phone

“Our aim is to provide a friendly, supportive environment where fitness toward long term lifestyle change can be fun”

