

## PERSONAL TRAINING

Our experienced Personal Trainers can help you get the results you really want! Male & Female trainers available for weight loss, muscle tone, fitness, conditioning and martial arts.

## THE FIRST STEP

Looking for somewhere to start? We can help. Gentle exercise and light cardio workout targeting your upper, middle and lower body.

## FITNESS FOR OVER 50'S

Low-Medium impact exercise with a focus on functional movement, mobility and balance. Use fitballs, therabands, light weights and light cardio to keep yourself active and energized.

## HATHA YOGA

Hatha yoga is a holistic yoga, including, yogic breathing, physical postures, poses, and meditation.. Hatha yoga is gentle and highly recognized as a stress-reducing practice

## STRETCH & FLEX

Reduce strains and sprains – try your hand at this dynamic and effective stretching class. Work at your own pace and enjoy your own flexibility challenge!

## FITNESS CIRCUIT

Jump, Press, Pull, Push, Squat, Hop, and Balance! Stop at various stations and get an all over explosive work out! Work on body, lower body, core conditioning and muscular strength and endurance.

## BOOT CAMP

SEPTEMBER – APRIL

\$100 Club Members | \$160 Non-members

Maximum Results. An early morning outdoor training program, focusing on fitness, drills, team work and fun! You will be challenged by the program and supported by our instructors. Monthly Boot Camp will keep you inspired and get you fit!

## BASIC FITNESS ASSESSMENT

Measure your fitness level and keep track of your improvements. Held the last Wednesday of each month. Shuttle run, push ups and sit ups.

## KICKBOXING FOR BEGINNERS

An introduction to punching and kicking techniques for the beginner. A technical class designed to teach the details of punching and kicking, preparing them for their launch into the Kickboxing, Boxing Fit and Thai Boxing classes!

## KICKBOXING

Get your body moving in an energetic punch and kick class. You will use focus mitts and partner drills, and learn combinations challenging you to coordinate your left from your right, and your arms from your legs. Be prepared for an energetic taste of cardio kickboxing!

## BOXING FIT

You're sure to break a sweat in this class! Drawing from the traditional exercises and drills of boxing, you will train upper body strength, core conditioning and get a mean endurance workout. Skip, punch and crunch your way through this class!

## THAI BOXING

From the traditional teachings of Muay Thai, a class with a complete package to test your stamina! Working with a partner and Thai pads you will punch, learn elbows and knees, and train the devastating Thai kick!

## SHOOT AND SUBMIT (SAS)

Learn techniques to confidently and effectively bridge the gap from stand up to ground movement.

## GROUND DOMINANCE

Using leverage and techniques you will learn to manipulate your opponent into position for applications of submission.

## TACTICAL SELF DEFENCE (TSD)

Adopted from military training this is a tactical class to build confidence and situational awareness. Training includes control, restraint and weapon retention.



**M O M E N T U M**  
TECHNIQUE

HEALTH & FITNESS CLUB

CORPORATE FITNESS

MIXED MARTIAL ARTS

TIMETABLE

[www.momentumtechnique.com.au](http://www.momentumtechnique.com.au)

Join us on



MOMENTUM\_CLUB

MOMENTUM TECHNIQUE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.00-7.00AM		*BOOT CAMP SEPTEMBER - APRIL		*BOOT CAMP SEPTEMBER - APRIL	
7.00-7.45AM	BOXING FIT	THE FIRST STEP FITNESS FOR BEGINNERS	KICKBOXING	THE FIRST STEP FITNESS FOR BEGINNERS	FITNESS CIRCUIT
		YOGA			
<b>PERSONAL TRAINERS</b> AVAILABLE ALL DAY - BOOKINGS REQUIRED - CALL 8410 5884					
12.15-1.00PM	FITNESS FOR OVER 50'S	KICKBOXING	FITNESS FOR OVER 50'S	KICKBOXING	FITNESS CIRCUIT
1.00-1.45PM	KICKBOXING BEGINNERS	STRETCH & FLEX		STRETCH & FLEX	THE FIRST STEP FITNESS FOR BEGINNERS
<b>PERSONAL TRAINERS</b> AVAILABLE ALL DAY - BOOKINGS REQUIRED - CALL 8410 5884					
5.15-6.00PM		FITNESS CIRCUIT	*BASIC FITNESS ASSESSMENT	KICKBOXING BEGINNERS	FITNESS CIRCUIT
6.00-7.00PM	BOXING FIT	THAI BOXING	KICKBOXING	THAI BOXING	THAI BOXING
7.00-8.00PM	GROUND DOMINANCE		TSD TACTICAL SELF DEFENCE	STRETCH & FLEX	SAS SHOOT & SUBMIT

TIMETABLE subject to change without notice

### ANNUAL MEMBERSHIP \$795

\*Direct Debit available  
**Just \$30.60 per fortnight**

Access to all classes and the gym during opening hours

\*Direct Debit has a \$20 one-off set up fee

### MONTHLY MEMBERSHIP \$85

Access to all classes for the month (4 week period) and gym during opening hours

### CASUAL VISIT \$15

Access to a single class or a single use of the gym at your own leisure, during opening hours

## MOMENTUM TECHNIQUE

Adelaide Club  
Level 2  
147 Waymouth Street

T | 8410 5884



\*BASIC FITNESS ASSESSMENT is held on the last Wednesday of each month