

Email: [alancoulterrc@belgravialeisure.com.au](mailto:alancoulterrc@belgravialeisure.com.au)

Website: [www.alancoulterreccentre.com.au](http://www.alancoulterreccentre.com.au)

Phone: 8586 6072

**Please remember to bring a towel and water.**

**Please wipe down all equipment before and after use.**



## Group fitness timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM					
9:00AM		Strength for life		Strength for life	Golden Oldies
10:00AM		Strength for life		Strength for life	
11:15AM	Aqua fitness		Golden Oldies		
6:00PM		Aqua HIIT			
6:30PM					