

HEALTH AND FITNESS

# OPEN DAY

SATURDAY 15 OCTOBER 2011, 9AM – 1PM

**FREE ACCESS** to Harold Holt's new health and fitness facilities and programs

- Brand new Health Club with state-of-the-art cardio and weights equipment
- Three fitness studios hosting more than 57 classes per week including Zumba, Body Pump, Body Step, Cycle, Pilates, Yoga, Adults Fitness and Aquaerobics
- Try a 30 minute fitness activity – see over page
- Personal trainers available at your service
- Launch of the new 'Health and Fitness Seminar Series'



 **HAROLD HOLT**  
Swim Centre

**Harold Holt Swim Centre**  
Corner High and Edgar Streets, Glen Iris  
Telephone: 8290 1678 Email: [haroldholt@stonnington.vic.gov.au](mailto:haroldholt@stonnington.vic.gov.au)  
[www.stonnington.vic.gov.au/swim](http://www.stonnington.vic.gov.au/swim)

  
— City of —  
**STONNINGTON**

# IT'S FUN, IT'S FITNESS AND IT'S FREE



Come and try any of these great 30 minute fitness activities:

TIME	Program Room 1	Program Room 2	Cycle Studio	Health Club	25m Pool	Outside Grounds
9.00am	Body Step	Zumba	Cycle	Use of Health Club		
9.30am	Body Step	Zumba	Cycle	Personal Training		
10.00am	Body Pump	Introduction to Zumba		Use of Health Club	Aquaerobics	Boot Camp
10.30am	Body Pump	Health and Fitness Seminar Series Session 1		Use of Health Club	Aquaerobics	Boot Camp
11.00am	Adults Gentle Exercise (Over 50's)	Group Personal Training	Cycle	Use of Health Club		
11.30am	Adults Gentle Exercise (Over 50's)	Health and Fitness Seminar Series Session 1		Personal Training		
12.00pm	Yoga	Pilates		Use of Health Club		
12.30pm	Yoga	Pilates		Personal Training		

Registrations essential by phone or email.  
Class sizes are limited.