

John McVeity Centre

Your Community Gym

A guide to the changes taking
place from January 11th 2021

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WHAT IS A COMMUNITY GYM?

The JMC community gym will operate on a slightly different philosophy to the Aquadome. Although catering for all age groups and fitness levels, the primary focus will be to embrace more than just fitness. BlueFit offers a range of programs to cater for the diverse communities we serve and we look forward to increasing this offering within the Playford community. Specific programs will be conducted in the gym to suit community needs; such as those with physical and/or intellectual disabilities, providing assistance for injury rehabilitation, older adult strength training, chronic disease management as well as working with those from culturally and linguistically diverse backgrounds. In conjunction with The Precinct, there will be an ongoing focus on health and wellbeing throughout the community; with further programs provided supporting at-risk youth, young parents and families and Aboriginal and Torres Strait Islander people.

GYM ACCESS

JMC members can now join on a new membership which will give members reciprocal rights access between the Aquadome and John McVeity Centre. Operating hours will be in conjunction with the current JMC opening hours; with the community gym staffed by qualified gym instructors between 8am - 11am Monday through to Saturday.

Unsupervised access offered amongst the remaining opening hours however unlike the Aquadome, JMC will not offer 24-hour access

Visit: www.playfordaquadome.com.au/JMC for more information about memberships

PRICING

Membership	Fortnightly Fee
Active Month to Month	\$41.00
Active Month to Month (Concession)	\$32.80
Results 12 Month Minimum	\$32.80
Results 12 Month Minimum (Concession)	\$25.40
Casual Gym	
Adult All Access	\$16.00
Concession All Access	\$14.00
Fit & Fab Older Adult	\$8.00
Strength for Life	\$8.00
10 Visit Pass	
All Access	\$145.00
All Access Concession	\$125.00

Memberships are subject to a joining fee.
Returning JMC members will have this fee waived.

GROUP FITNESS

STARTING FROM
JANUARY 11TH

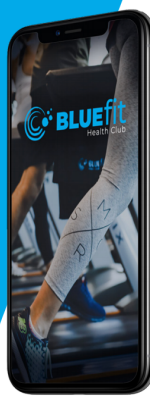
MON	TUES	WED	THURS	FRI	SAT	SUN
	FIT & FAB 8:30AM		FIT & FAB 8:30AM		ZUMBA 8:30AM	
	BODY ATTACK 9:30AM	ZUMBA 9:30AM	FAT BURNER 9:30AM			
SFL 10:30AM	BODY PUMP 10:30AM	PILATES 10:30AM	YOGA 10:30AM	SFL 10:30AM		
FAT BURNER 5:30PM	BODY PUMP 5:30PM	BODY COMBAT 5:30PM	SCULPT 5:30PM	FX30 5:30PM		
				FX30 6PM		
ZUMBA 6:30PM	BODY BALANCE 6:30PM	FX30 6PM	ZUMBA 6:30PM			
		FX30 7PM				

EXERCISE
PROMOTIONAL
MATERIALS

HOW TO BOOK INTO CLASSES

Classes will be available to book via the BlueFit Health Club App. Once you've joined as a member you'll receive a link to set up your Mywellness account. If you have downloaded the app but not joined, you will not be able to book classes but you can still view the timetable.

Let's get **STARTED** with the
BLUEFIT HEALTH CLUB
APP



[Download](#) the app.



Available on the
App Store

GET IT ON
Google Play

CLASS DESCRIPTIONS

CLASS	DURATION	DESCRIPTION	OLD TIMETABLE (SIMILAR TO)
FAT BURNER	45 MINS	A great mix of aerobic exercises from low to medium intensity, focused on increasing heart rate in the fat burning zone.	FAT BURNER OR SPORT
SCULPT	45 MINS	A moderate intensity freestyle workout that combines cardiovascular training and muscle toning. Using a variety of exercises to shape and tighten the whole body. Suitable to all ages and fitness levels.	RIP, TTB, ABS & GLUTES OR CIRCUIT
FX30	30 MINS	FX30 is an intense functional training class incorporating a wide range of equipment such as battle ropes, plyometric boxes and wall balls. Choose to do both FX30 classes are just the one!	BOOTCAMP, CIRCUIT OR TABATA
ZUMBA	45 MINS	Zumba is a fitness program involving dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo and martial arts. Squats and lunges are also included. The exercises include music with fast and slow rhythms, as well as resistance training.	ZUMBA
FIT N FAB	45 MINS	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones. All ages and fitness levels welcome. Stay for a coffee after class	PRYME MOVERS
STRENGTH FOR LIFE	60 MINS	The Strength for Life program promotes health and well-being amongst people over 50, and 40 for Aboriginal or Torres Strait Islanders, through strength training programs run by accredited fitness providers. Please contact your centre prior to participating in your first session for further information.	STRENGTH FOR LIFE
PILATES	45 MINS	Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance.	YOGA FUSION
YOGA	45 MINS	YOGA is a combination of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind.	YOGA
BODY ATTACK	45 MINS	BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor!	FAT BURNER, SPORT, METAFIT
BODY BALANCE	45 MINS	Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.	YOGA FUSION
BODY COMBAT	45 MINS	Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 570 calories** along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.	WAR
BODY PUMP	45 MINS	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories**. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!	RIP

CONTACT US:

Email: JMC@playfordaquadome.com.au

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