



LANG PARK PCYC ACTIVITY SCHEDULE



EST. 1948

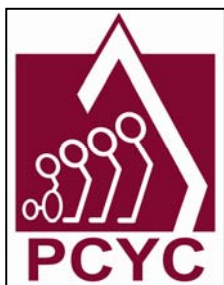
PHONE 3369 2647 FAX 3369 6693

E: info@langpark.pcy.org.au W: www.langparkpcyc.com

OPENING HOURS :
 Mon—Fri 6.00am— 9.00pm
 Saturday 8.30am—1.30pm
 SUNDAY –CLOSED

All activities require payment of PCYC Membership on second visit to PCYC.

ACTIVITY	Mon	Tues	Wed	Thurs	Fri	Sat	Member	N-member
WEIGHTS & CARDIO	\$17.00 Non Member - \$10.00 Adult member. \$17.00 Non Member - \$8.00 Child member 1 Month \$ 55 12 Months \$460 or \$10.95p/w Direct Debited fortnightly—Concession rates available							
GOLD PASS	This pass offers unlimited use of the spin, pilates, fitness fever, fitcamp , O.F.F and boxing classes. 1 Month \$79 3 months \$217 12 Months \$740 or \$18.95p/w Direct Debited fortnightly—Concession rates available Weights add on – for a special rate of only \$10 per month (paid when purchasing a Gold Pass) you can add on unlimited use of the Weights and Cardio rooms to your Gold Pass							
BASKETBALL	TALK TO OUR CO-ORDINATOR FOR ALL BASKETBALL DETAILS: DEVELOPMENT PROGRAM FOR AGE GROUPS U/12							
O.F.F. Over 50's		Circuit Class 9.00 - 9.45 AM	Core Class 9.00—10.00 AM	Strength Class 9.00—10.00 AM			\$8.00	\$17.00
AIKIDO	Jun 6.15 - 7.00 PM Sen 7.00 - 8.45 PM		Seniors only. 7.00—8.45 PM			Sen 9.30 - 11.30 PM	Jun \$8.00 Sen \$10.00	Jun-\$17.00 Sen \$17.00
BOXING (12+)	6.00 - 8.00 PM		6.00 - 8.00 PM		6.00 - 8.00 PM	8:30—10AM	Jun \$8.00 Sen \$10.00 10 Visit Pass \$85.00	Jun-\$17.00 Sen \$17.00 10 pack- N/A
FIT CAMP Phone club to enquire before attending	5.45 - 6.45 AM (Meet in front of PCYC) Evening 6.30 - 7.15 PM	9.00 - 10.00 AM	5.45 - 6.45 AM (Meet in front of PCYC) Evening 6.30 - 7.15 PM	9.00 - 10.00 AM	5.45 - 6.45 AM (Meet in front of PCYC) 9.00 - 10.00 AM		\$10.00 6 WEEKS \$118.00 12 WEEKS \$235.00	\$17.00 Each session.
FITNESS FEVER		6.00 - 7.00 PM		6.00 - 6.45 PM			\$10.00 10 Visit Pass \$85.00	\$17.00
JUDO 8yrs + 16yrs +	6.00 - 7.00 PM 7.00 - 8.30 PM		6.00 - 7.00 PM 7.00 - 8.30 PM		6.00 - 7.00 PM 7.00 - 8.30 PM		Jun \$8.00 Sen \$10.00	Jun-\$17.00 Sen \$17.00
JUJITSU 5—11yrs 11—14yrs Seniors 15yrs +		5.30 - 6.30 PM 6.30 - 7.30 PM 7.30 - 9.00 PM		5.30 - 6.30 PM 6.30 - 7.30 PM 7.30 - 9.00 PM		SEN ONLY 9.00 - 11.00 AM	Jun \$8.00 Sen \$10.00	Jun-\$17.00 Sen \$17.00
KARATE Beginner Level Intermediate/Advanced		6.30 - 7.30 PM 6.30 - 8.30 PM		6.30 - 7.30 PM 6.30 - 8.30 PM			Jun \$8.00 Sen \$10.00	Jun-\$17.00 Sen-\$17.00
KICKBOXING		7:00 - 8:30pm		7:00 - 8:30pm		8:30-9:30pm	Jun \$8.00 Sen \$10.00	Jun \$17.00 Sen\$17.00
MUMS WITH BUBS	9.30 - 10.30 AM				9.30 - 10.30 AM		\$10.00	\$17.00
OLYMPIC WRESTLING	Jun 5.30 - 7.00 PM Sen 7.00 - 9.00 PM		Jun & Sen 5.30pm - 7.00 PM		Sen 6.00 - 8.30 PM	Jun & Sen 10.30 AM - 12.30 PM	Jun \$8.00 Sen \$10.00	Jun-\$17.00 Sen-\$17.00
PILATES		6.00 - 7.00 AM 6.30 - 7.30 PM		6.00 - 7.00 AM		9.00 - 10.00 AM	\$10.00 10 Visit Pass \$85.00	\$17.00
SPIN	6.00 - 6.45 PM	6.00 - 6.45 PM	6.00 - 6.45 PM				\$10.00 10 Visit Pass \$85.00	\$17.00
TINY TOTS Walkers-2yrs 2yrs—5yrs Babies-Walkers	9.15 - 10.00 AM 10.15 - 11.00 AM	9.15 - 10.00 AM 10.15 - 11.00 AM 11.15 - 12.00PM	9.15 - 10.00 AM 10.15 - 11.00 AM 11.15 - 12.00PM	9.15 - 10.00 AM 10.15 - 11.00 AM 11.15 - 12.00PM	9.15 - 10.00 AM 10.15 - 11.00 AM 11.15 - 12.00PM	This is being run by Danibelle's Musicadium	\$10.00 10 Visit Pass \$85.00	\$17.00 Each Session . 10 pack N/a
TODDLER DANCE 3 - 5yrs	11.15 AM - 12.PM						\$10.00	\$17.00
TODDLER PLAYTIME	1.30 - 4.00PM	1.30 - 2.45PM	1.30 - 4.00PM	1.30 - 4.00PM	1.30 - 4.00PM		\$8.00	\$17.00



ACTIVITY SCHEDULE

LANG PARK POLICE-CITIZENS YOUTH CLUB

SUNCORP STADIUM,
CASTLEMAINE ST, MILTON
PHONE 3369 2647 FAX 3369 6693
Email info@langpark.pcy.org.au
www.langparkpcyc.com



Fit 2 Excel offer great:

- ✓ One on One training
- ✓ Couples training
- ✓ Group training
- ✓ Corporate training
- ✓ Programming

Need help with your fitness training?

Strength and muscle gain?

Special needs?

Weight loss?

Personal sporting goal?

Call us for a chat TODAY!

Enquire now about a FREE personal training session

www.fit2excel.com.au

MEMBERSHIP

(12 Months)

ADULTS: 18YRS & OVER

\$30.00

CHILD: UNDER 18YRS

\$20.00

FAMILY MEMBERSHIP: 2

ADULTS & IMMEDIATE FAMILY

U/18YRS

\$60.00

ENQUIRE ABOUT OUR

SENIORS RATES

OPENING HOURS

MONDAY TO FRIDAY

(6.00AM - 9.00PM)

SATURDAY

(8.30AM - 1.30PM)

Boxing

A two hour class. The first hour covers the basic fitness for boxing - skipping, running, jumping & arm work. The second hour covers competitive training i.e. sparring & fighting techniques. *What to bring*- covered shoes, skipping rope, boxing gloves, water bottle.

Jujitsu (Tohkon Ryu); Karate (JKA); Judo; Aikido

What to bring/wear - if you don't have the Gi (uniform) wear long track pants & crew neck tee shirt, or clothing that doesn't restrict movement & can withstand contact.

Olympic Wrestling

Olympic wrestling (male and female) is fun, vigorous and competitive. It develops a variety of fitness, motor, mental & social skills. *What to bring* - water bottle, towel, boxer shorts and T-shirt.

Weights and Cardio

YOU MUST HAVE A TOWEL, COVERED SHOES & WATER BOTTLE.

Fitness Fever

Fitness Fever is designed to give you the most effective way to get fit & strong. The variety of class layouts will keep you interested & having fun. Activities include; outdoor warm-up followed by indoor circuit cardio and strength training. *What to bring* - covered shoes, towel, water bottle.

Spin Classes

45 minutes of cycling. Your instructor will take you on a virtual bike ride up & down flat roads, hills & other paths. All done to up beat music it's sure to burn fat & increase your fitness. *What to bring* - covered shoes & you must have a towel & water bottle.

Pilates

Pilates works on strengthening your core and enhancing flexibility. It is one of the most effective forms of exercise to change body shape and tone up as it targets all of the muscles in the body. *What to bring*- water bottle and BYO mat (Pilates/Yoga mat)

OFF—Over Fifties Fitness

Designed for the over 50's. Promotes better health and movement for the mature aged using low impact cardio, strength and flexibility exercises.

Mum's with Bub's

An exercise class where you get to work out *with* your baby! *What to bring (ideal but not essential)* - Pram, baby capsule, baby sling, items for baby's entertainment.

All Fit Camp enquiries please contact Tom at reception.

Safety Requirements

All Martial Arts & Wrestling members must wear footwear to activities. Dirty feet create a dirty floor. However, NO SHOES are allowed ON THE MATS. Jewellery should not be worn or if unavoidable covered with surgical tape. Long fingernails/toenails are an unacceptable risk. Please ensure they're kept trimmed.

Some of the activities listed require joining fees to STATE BODIES.