

Leisurelys Class Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00-7.45am	AquaFit		AquaFit		
9.05am		Pilates			
10.15-11.45am				Walkie Talkies	
10.15-11.00am		Gym			
10.30am	RPM Gym				RPM Gym
11.00am		Balance			
11.15am			Stretch <small>good mobility required</small>		
12.30-1.30pm				Gym Intro	
12.45-1.15pm			Strength		
1.30pm			Pilates <small>suitable for all</small>		
2.00pm					

Contact email: leisurelys@qldc.govt.nz

Effective from 15 February 2024

Classes marked **yellow** are open to all members; Leisurelys members can attend these classes with no additional charge

1. Class Fees: \$8 per class or \$55 for a 10-visit pass
2. Annual medical check required if over 80 years
3. Concession card: 10 x Leisurelys classes of your choice
4. Rates are applicable to Leisurelys members only
5. Access applies to Leisurelys classes and pool only



Alpine Health & Fitness, Queenstown Events Centre
 P 03 450 9005 | E gym@qldc.govt.nz | W qldc.govt.nz/recreation