

Mayfield Club Classes



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00am	Chair Pilates	HIIT to music	Gym Circuit	Strength & Mobility	Gym Circuit		
11:00am	Chair Yoga	Stretch bands	Float Synergize	Stretch Bands	Float Synergize		
11:00am							
2:00pm	Pilates Mat Class		Martial Arts				

Advance booking required and subject to availability. All owners must be inducted before using the Mayfield Club, please see reception to book.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.
(Additional charges will apply)