



# LANG PARK PCYC ACTIVITY SCHEDULE

EST. 1948

SUNCORP STADIUM, CASTLEMAINE ST, MILTON

PHONE 3369 2647 FAX 3369 6693

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



ACTIVITY	Mon	Tues	Wed	Thurs	Fri	Sat	Cost
WEIGHTS & CARDIO	\$10.00 Casual 1 Month \$49 12 Months \$460 OPENING HOURS : Monday to Friday 6.00am—9.00pm, Saturday 8.30am—1.30pm						
GOLD PASS	This pass offers unlimited use of the weights and cardio room, spin, pilates, fitness fever, fit kick, fitcamp and boxing classes. 1 Month \$79 12 Months \$820						
BASKETBALL	TALK TO OUR CO-ORDINATOR FOR ALL BASKETBALL DETAILS: DEVELOPMENT PROGRAM FOR AGE GROUPS U/12						
ABBA Over 50's		10.00 - 10.45 AM					\$5.00
AIKIDO	Jun 6.15 - 7.00 PM Sen 7.00 - 8.45 PM					Sen 11.00 AM - 1.00 PM	Jun \$5.00 Sen \$7.00
BOXING (13+)	6.00 - 7.00 PM (Fitness) 7.00 - 8.00 PM (Box)		6.00 - 7.00 PM (Fitness) 7.00 - 8.00 PM (Box)		6.00 - 7.00 PM (Fitness) 7.00 - 8.00 PM (Box)		Jun \$5.00 Sen \$7.00
CREATIVE DANCE 3.5 - 5 yr olds	Bookings essential		3.30 - 4.30PM				\$7.00
FIT CAMP Phone club to enquire before attending	5.45 - 6.45 AM (Meet in front of PCYC)	9.30 - 10.30 AM	5.45 - 6.45 AM (Meet in front of PCYC)	9.30 - 10.30 AM	5.45 - 6.45 AM (Meet in front of PCYC)		Casual \$10.00 6 WEEKS \$118.00 12 WEEKS \$235.00
FIT CAMP GROUP WEIGHTS					9.30 - 10.30 AM		\$10
FITNESS FEVER	5.30 - 6.30 PM	6.00 - 6.45 PM		6.00 - 6.45 PM			\$7.00
FIT KICK Cardio kickboxing	6.30 - 8.00 PM		6.30 - 8.00 PM				Jun \$5.00 Sen \$7.00
JUDO 8yrs + 16yrs +			6.00 - 7.00 PM 7.00 - 8.30 PM		6.00 - 7.00 PM 7.00 - 8.30 PM		Jun \$5.00 Sen \$7.00
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 \$5.00 Sen \$7.00
KARATE Beginner Level Intermediate/Advanced		6.00 - 7.00 PM 6.30 - 8.30 PM		6.00 - 7.00 PM 6.30 - 8.30 PM			Jun \$5.00 Sen \$7.00
MINI MUSCLES 6 - 12yrs	4.15 - 5.15PM						\$7.00
MUM'S with BUB'S	9.30 - 10.30 AM				9.30 - 10.30 AM		Casual \$10.00 6 WEEKS \$118.00
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 \$5.00 Sen \$7.00
PILATES		6.00 - 7.00 AM 6.00 - 7.00 PM	9.00 - 10.00AM	6.00 - 7.00 AM 7.00 - 8.00 PM		10.00 - 11.00 AM	Casual \$15.00 10 Visit Pass \$120.00
SPIN	6.00 - 6.45 PM	6.00 - 6.45 PM	6.00 - 6.45 PM			10 Pass Visit \$60	\$8.00
TEEN FIT CAMP 13 - 17yrs			4.15 - 5.15PM				\$7.00
TINY TOTS 14mths—2yrs 2yrs—5yrs Crawlers	9.15 - 10.00 AM 10.15 - 11.00 AM	9.15 - 10.00 AM 10.15 - 11.00 AM 11.15 AM - 12.00 PM	9.15 - 10.00 AM 10.15 - 11.00 AM 11.15 AM - 12.00 PM	9.15 - 10.00 AM 10.15 - 11.00 AM 11.15 AM - 12.00 PM	9.15 - 10.00 AM 10.15 - 11.00 AM		\$7.00
TODDLER DANCE 3 - 5yrs	11.15 AM - 12.PM						\$7.00



## ACTIVITY SCHEDULE



### POLICE-CITIZENS YOUTH CLUB

SUNCORP STADIUM,  
CASTLEMAINE ST, MILTON  
PHONE 3369 2647  
FAX 3369 6693

Email  
[info@langparkpcyc.org.au](mailto:info@langparkpcyc.org.au)  
[www.langparkpcyc.com](http://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](http://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.

#### Fit Kick (Non contact).

Freestyle kickboxing is about fun, fitness and flexibility. It allows for as much punching & kicking as possible, using kick bags. *What to bring* - **Boxing Glove Inners are ESSENTIAL** (sold at the club for \$3.50/pair), covered shoes, boxing gloves.

#### 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)

#### ABBA

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

#### Mumma's with Bubba'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.  
**Proof of membership is required or non-membership fee will be charged.**