



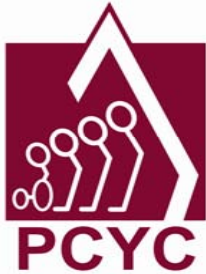
# LANG PARK PCYC - ACTIVITY SCHEDULE

Ph: 07 3369 2647



ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Members
<b>WEIGHTS &amp; CARDIO</b>	Monday to Friday 8.00am - 9.00pm, Saturday 8.30am - 1.00pm 1 Month \$80    3 Months \$190    6 Months \$300    12 Months \$460						\$10.00
<b>FIT CAMP</b>	5:45am JOHN BUCHANAN PARK @ BARDON	9:30am	5:45am WALLY LEWIS STATUE	9:30am	5:45am WALLY LEWIS STATUE		6 Weeks \$118.00 12 Weeks \$235.00 Mentor Pack \$300.00 (includes group weights) Casual \$10.00
<b>FIT CAMP GROUP WEIGHTS</b>				6:00am	9:30am		\$10 + Gym entry
<b>TINY TOTS</b> 14mths - 2yrs 2yrs - 5yrs Crawlers	9.15 - 10am 10.15 - 11am	9.15 - 10am 10.15 - 11am 11.15 - 12pm	9.15 - 10am 10.15 - 11am	9.15 - 10am 10.15 - 11am 11.15 - 12pm	9.15 - 10am 10.15 - 11am		\$7.00
<b>FITNESS FEVER</b>	5.30 - 6.30pm	6.00 - 6.45pm		6.00 - 6.45pm			\$7.00
<b>SPIN</b>	6.00 - 6.45pm	7.00 - 7.45pm	6.00 - 6.45pm	7.00 - 7.45pm		10 Visit Pass \$60	\$8.00
<b>BOXING (13+)</b>	6 - 7pm (Fitness) 7 - 8pm (Box)		6 - 7pm (Fitness) 7 - 8pm (Box)		6 - 7pm (Fitness) 7 - 8pm (Box)		Jun \$5.00 Sen \$7.00
<b>AIKIDO</b>	Jun 6:15 - 7pm Sen 7 - 8.45pm					Sen 11am - 1.00pm	Jun \$5.00 Sen \$7.00
<b>JUJITSU</b> 5 - 11yrs 11 - 14yrs Seniors 15yrs +		5.30 - 6.30pm 6.30 - 7.30pm 7.30 - 9.00pm		5.30 - 6.30pm 6.30 - 7.30pm 7.30 - 9.00pm		SEN ONLY 9.00 - 11.00am	Jun \$5.00 Sen \$7.00
<b>JUDO</b> 8yrs + 16yrs +			6.00 - 7.00pm 7.00 - 8.30pm		6.00 - 7.00pm 7.00 - 8.30pm		Jun \$5.00 Sen \$7.00
<b>KARATE</b> Beginner Level Intermediate to Advanced		6pm - 7pm 6.30 - 8.30pm		6pm - 7pm 6.30 - 8.30pm			Jun \$5.00 Sen \$7.00
<b>FIT KICK</b>	6.30 - 8.00pm		6.30 - 8.00pm				Jun \$5.00 Sen \$7.00
<b>OLYMPIC WRESTLING</b>	Jun 5.30 - 7pm Sen 7 - 9pm		Jun 5.30 - 7pm		Sen 7 - 9pm	Jun & Sen 10.30am - 1pm	Jun \$5.00 Sen \$7.00
<b>BASKETBALL</b>	TALK TO OUR CO-ORDINATOR FOR ALL BASKETBALL DETAILS:    DEVELOPMENT PROGRAM U/12 , SKILLS PROGRAM 10 - 13YRS						

LANGPARK



## POLICE-CITIZENS YOUTH CLUB

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

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

### Membership

1st Jan—31st Dec

ADULTS: 18YRS & OVER  
\$30.00

CHILD: UNDER 18YRS  
\$20.00

FAMILY MEMBERSHIP: 2 ADULTS  
& IMMEDIATE FAMILY U/18YRS  
\$60.00

### OPENING HOURS

MONDAY TO FRIDAY  
(8.00AM - 9.00PM)

SATURDAY  
(8.30AM - 1.00PM)

### 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*—covered shoes, boxing gloves, water bottle & skipping rope.

### 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.

There are two rooms - one has weights & one has cardio equipment such as treadmills, rowing machines, bikes & cross trainers. *What to bring*—**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/indoor strength & fitness training, fitness boxing & light kick-boxing. *What to bring*- covered shoes, towel, water bottle, boxing gloves if you have them.

### 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.** Take advantage of our 10 Visit Spin Passes—**ONLY \$60**

Some of the activities listed require joining fees to STATE BODIES.  
**Proof of membership is required or non-membership fee will be charged.**

FIT TO EXCEL  
DREAM BELIEVE ACHIEVE

**Fit To Excel** Trainers specialise in different areas to ensure you get the training you require to achieve the results you deserve.

**Fit To Excel** are Specialists in:

- Fitness Training
- Strength & Muscle Gain
- Special needs
- Men's Weight Loss
- Woman's Fitness and Weight Loss

Call us for a chat about  
**Fitness & Strength** on:

**3369 2647 or leave your details at  
reception**

OFFICE - Now located 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.