



GYM & FITNESS SCHEDULE



With over 66 clubs across the state, PCYC provides quality activities and programs in a safe, fun and friendly environment.

Our aim is to engage with, and positively influence our 70,000+ youth members through mainstream sport, recreation, education, leadership and cultural programs.

In addition, we work with at-risk youth to break the cycle of disadvantage through crime prevention, vocational education, youth capacity building and social responsibility programs to change the life outcomes of over 7500 youth per year.



BOOK NOW



Sturgeon Street
Ph: 02 4983 1703
Email: portstephens2@pcycnsw.org.au



Timetable	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
METTA FIT circuit 30- 40 min Intense	6:00am			6:00am		
Les Mills BODY PUMP	7:00am – 8:00am 5:30pm – 6:30pm		9.30am – 10:30am 5.30pm – 6:30pm		9.30am – 10:30am	
Les Mills BODY COMBAT		8:30am – 9:30am 5.30pm – 6:30pm		8.30am – 9:30am		
Les Mills BODY BALANCE	9:00am – 10:00am			9:30am – 10:30am 5:30pm-6:30pm		
Active Aerobics			8.30am – 9:30am		8.30am – 9:30am	
ZUMBA	6:30pm - 7:30pm					

PRICING	Includes use of Gym & all Group Fitness Classes
DIRECT DEBIT	
FLEXI	\$15.95 per week
LIFESTYLE (12 months minimum contract)	\$13.95 per week
UPFRONT	
Day Pass	\$18
Concession 10 visit pass	\$100
1 Month	\$85
12 Months	\$690
PCYC MEMBERSHIP	COST
JUNIOR Under 18 years	\$15 for 12 months
SENIOR	\$30 for 12 months

OPENING HOURS

**Weekdays
6am-8pm**

**Saturday
8am-12pm**



GYM MEMBER INFORMATION

All members must have a current PCYC membership and must be a current paying gym user.

Members 14y must be accompanied by a guardian and are only allowed to use cardio equipment and non weight based activities.

Members 15y-17y are free to use the gym excluding free weights (machines with weights are allowed)

Please follow our policies and code of conduct at all times.

Gym usage is covered under our terms and conditions.

