

**AT HOBART PCYC WE'VE SOMETHING FOR EVERYONE AND EVERY BUDGET!**

Whether you're a gym regular or just beginning, a self defence enthusiast or an aspiring gymnast, maybe you're looking for a great seniors program or a Basketball Court to call your own for an hour?

Our Gym Memberships and Class Programs are great value for money and cater for a broad range of users!

**COURT HIRE**  
**\$30**  
PER HOUR!



...WE ALSO WELCOME CASUAL VISITORS!

**CASUAL**  
**\$10**  
GYM ENTRY FEE!

**GYMNASTICS PROGRAMS ...FOR ALL AGES!**

We offer an extensive and professional Gymnastics Program, with an aim to include everyone who wants to join in! Our Kinder Gym, Recreational, Competitive and Adult Gymnastics classes promote a positive environment and offer a broad range of activities that will interest and challenge participants of all abilities!

- KINDER GYM (0-5yrs)**    **ROCKET TOTS & MINI MARTIANS**
- REC GYMNASTICS (5+yrs)**    **GYM FUN & GYM SKILLS**
- COMP GYMNASTICS (BY INVITATION)**    **RG, TUM, WAG & MAG**
- ADULT GYM (18+yrs)**    **...MAINTAIN & ENHANCE YOUR GYMNASTIC ABILITIES!**

**SELF DEFENCE & MARTIAL ARTS**

**PCYC CLASSES**  
**FREE**  
1st TRIAL!

**PCYC CLASSES\***  
JNR MEMBER (<17yrs) \$5 / ADULT MEMBER (18+yrs) \$10 / CASUAL \$15  
**BOXING | MUAY THAI/KICKBOXING | JUDO**  
**GOJU-RYU KARATE | KYOKUSHIN KARATE**  
**INDEPENDENTLY RUN CLASSES**  
**KRAV MAGA | AIKIDO**

**SENIORS PROGRAMS & TAI CHI**

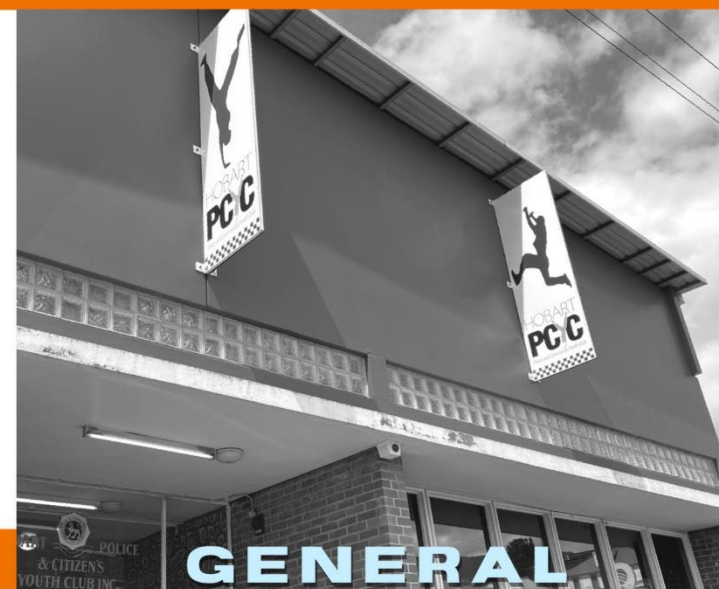
Tailored for seniors, our Snr. Strength and Fitness classes are a great place for older adults to get started with building muscle strength and increasing aerobic capacity! ...or how about Tai Chi? A gentle introduction to physical movement and stretching combined with mindfulness!

**SNR FITNESS**    **TUES 9-10am & 10-11am**  
**SNR STRENGTH**    **FRI 8:30-9:30am & 9:30-10:30am**  
**TAI CHI**    **THUR 8:30-9:30am**

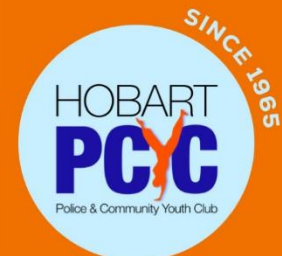
**ENTRY**  
**\$10**  
PER CLASS

**ASK US ABOUT... VENUE & EQUIPMENT HIRE**

From Zorb Balls to our Basketball Court, Hobart PCYC offers a selection of equipment for you to hire plus the use of our facilities for group bookings!  
[www.hobartpcyc.org.au](http://www.hobartpcyc.org.au)



**GENERAL INFORMATION**



**MON-FRI 7am-9pm**  
**SAT 9am-5pm**

**300 LIVERPOOL ST**  
**HOBART 7000**  
**(03) 6107 9206**  
[enquiries@hobartpcyc.org.au](mailto:enquiries@hobartpcyc.org.au)

\*15yrs+ can use the Gym unaccompanied  
\*\*<14yrs MUST be accompanied by an adult at ALL times

**GYM MEMBERSHIPS 15+ YRS\***

**ANNUAL**  
INCLUDES ACCESS TO GYM & CLASSES AT MEMBER RATES!

|                             |             |              |               |
|-----------------------------|-------------|--------------|---------------|
| <b>ADULT (18+yrs)</b>       | <b>\$60</b> | <b>+ \$5</b> | Fee p/session |
| <b>CONCESSION</b>           | <b>\$40</b> | <b>+ \$3</b> | Fee p/session |
| <b>JUNIOR (15-17yrs)</b>    | <b>\$40</b> | <b>+ \$3</b> | Fee p/session |
| <b>JUNIOR (&lt;14yrs)**</b> | <b>\$30</b> | <b>-</b>     |               |

**12 MONTH UPFRONT**

INCLUDES ACCESS TO CLASSES AT MEMBER RATES PLUS UNLIMITED GYM ACCESS!

|                          |                             |
|--------------------------|-----------------------------|
| <b>ADULT (18+yrs)</b>    | <b>\$375 or \$265 Conc.</b> |
| <b>JUNIOR (15-17yrs)</b> | <b>\$250</b>                |

**ASK US!** ...ABOUT FAMILY MEMBERSHIPS & OUR DIRECT DEBIT OPTIONS!



# HOBART PCYC CLASS TIMETABLE 2024

| MONDAY                                  | TUESDAY   | WEDNESDAY                               | THURSDAY  | FRIDAY                                  | SATURDAY  |
|---|---|---|---|---|---|
| ROCKET TOTS (0-4)<br>10:00AM-11:00AM    | SENIOR FITNESS<br>9:00AM-10:00AM  | ROCKET TOTS (0-4)<br>10:00AM-11:00AM    | TAI CHI<br>8:30AM-9:30AM  | SENIOR STRENGTH<br>8:30AM-9:30AM        | ROCKET TOTS<br>9:00AM-10:00AM   |
| MINI MARTIANS<br>11:30AM-12:30PM        | ROCKET TOTS (0-4)<br>10:00AM-11:00AM  | HPCYC GYMNASSTICS<br>3:30PM-7:30PM      | ROCKET TOTS (0-4)<br>10:00AM-11:00AM  | SENIOR STRENGTH<br>9:30AM-10:30AM       | AIKIDO<br>10:00AM-11:30AM   |
| SPECTRUM GYMNASSTICS<br>3:30PM-6:00PM   | SENIOR FITNESS<br>10:00AM-11:00AM   | AIKIDO<br>4:00PM-5:00PM                 | MINI MARTIANS<br>11:30AM-12:30PM  | ROCKET TOTS (0-4)<br>10:00AM-11:00AM    | GOJU-RYU KARATE<br>10:00AM-11:00AM  |
| HPCYC GYMNASSTICS<br>3:30PM-7:30PM      | HPCYC GYMNASSTICS<br>3:30PM-7:30PM  | KRAV MAGA (TEENS)<br>5:30PM-6:30PM      | HPCYC GYMNASSTICS<br>3:30PM-7:30PM  | ROCKET TOTS (0-2)<br>11:30AM-12:30PM    | HPCYC GYMNASSTICS<br>10:30AM-3:00PM   |
| GOJU-RYU KARATE<br>4:30PM-5:30PM        | RHYTHMIC GYMNASSTICS<br>3:30PM-5:30PM   | BOXING (KIDS)<br>5:00PM-6:00PM          | JUDO<br>5:30PM-7:00PM   | RHYTHMIC GYMNASSTICS<br>3:30PM-6:30PM   | GOJU-RYU KARATE<br>11:00AM-12:00PM  |
| GOJU-RYU KARATE<br>5:30PM-6:30PM        | JUDO KIDS (5-11yrs)<br>4:25PM-5:15PM  | BOXING (INT)<br>6:00PM-7:30PM           | GOJU-RYU KARATE<br>5:30PM-7:30PM  | HPCYC GYMNASSTICS<br>3:30PM-8:00PM      | GOJU-RYU KARATE (BB)<br>12:00PM-1:00PM  |
| BOXING (INT)<br>6:00PM-7:30PM           | JUDO<br>5:30PM-7:00PM   | KRAV MAGA (MIXED)<br>6:30PM-7:30PM      | AIKIDO<br>7:30PM-8:45PM   | MUAY THAI / KICKBOXING<br>5:00PM-6:30PM | MINI MARTIANS<br>3:30PM-4:30PM  |
| ADULT GYMNASSTICS<br>7:00PM-8:00PM      | KYOKUSHIN KARATE<br>5:30PM-7:30PM   | MUAY THAI / KICKBOXING<br>7:30PM-9:00PM |  | KRAV MAGA (ADULT)<br>6:30PM-7:30PM      |   |
| AIKIDO<br>7:00PM-8:30PM                 |  |   |   |   |   |
| MUAY THAI / KICKBOXING<br>7:30PM-9:00PM |   |   |   |   |  |

**CLUB OPENING HOURS 7AM-9PM (MON-FRI) and 9AM-5PM (SATURDAY)**

FOR MORE INFORMATION ON OUR PCYC PROGRAMS, PLEASE CONTACT RECEPTION ON (03) 6107 9206 OR EMAIL [enquiries@hobartpcyc.org.au](mailto:enquiries@hobartpcyc.org.au)

