


HOTHAM GYM
 123 Hotham Rd Sorrento
*After-hours access daily from
 5am -10pm*
Staffed hours
 Mon to Thu 8.30am - 12.00pm
 4.00pm - 7.00pm
 Fri to Sat 8.30am - 12.00pm
 Sun 9.00am-12.00pm

SALT GYM
 68 Ocean Beach Rd Sorrento
*After-hours access daily from
 6am -10pm*
Staffed Hours
 Mon to Thu 9.00am - 7.00pm
 Fri & Sat 9.00am - 3.00pm
 Sun 10.00am - 2.00pm



New massage chairs
 in our Salt Cave
 coming this month
 Try them out

♥♥ Valentine's Day Wed 14 Feb ♥♥
 Massage Vouchers
 now available at reception.
**One hour massage
 & Salt Cave Therapy \$75**
 For massage bookings please call Guy on 0448877509



YOGA
Now on Thursdays at 6.30pm with Ebony
**Saturday 4pm Yoga returns with Emma in
 March!!*

Re-Creation Sorrento PH 59840304
www.recreationsorrento.com.au
 info @recreationsorrento.com.au

FEBRUARY Timetable 2018							
START TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.15am	Catalucci Boxing Karen				Catalucci Boxing Karen		
8.30am						Catalucci Boxing Karen	
8.30am						Spin 45min Penny	
9.00am	Easy Rider Spin 45min Sue			Spin 45min Karen			
9.15am	Pump Lynne	Body Burn Lisa	Tone It Up Helen	FiT 45 Jackie	Tabata + Abs Jen		
9.30am						Pump Penny	Pump (Rip) Lauren
10.15am	Body Balance Lynne	Fitball Lisa	Mat Pilates Helen	Prime Movers Sue	Yoga John		
10.30am						Mat Pilates Susan	Yoga Di
11.15am	Prime Movers Sue		Prime Movers Sue				
5.30pm	FiT 30 Jo						
5.45pm		Pump (rip) 45min Lauren	Spin Trooper 45min Karen	Pump 45min Leanne			
6.00pm	Abs 30min Jo						
6.30pm	Spin 45min Jo	Private class	Catalucci Boxing Karen	Yoga Ebony			
6.30pm	Yoga John						

NEW TIMES!
 *Some weekday am classes are now 15 mins earlier.
 *Sat spin now at 8.30am.
 *New Yoga Class Thursdays 6.30pm
 Classes are 55mins unless otherwise indicated

Download the Re-Creationhealthclub app for current timetable