

PERSONALISED PROGRAMME WITH WALKTHROUGH – \$30

Training programme created by our Exercise Level 4 students tailored to your individual needs, followed by a walkthrough of how to do the programme safely.

STRENGTH TESTING – \$20

Test your limits with four strength tests of your choice.

Includes:

- Squat
- Bench press
- Deadlift
- Vertical jump
- Any exercise of your choosing

BODY COMPOSITION TESTING – \$30

Stay on course and track your progress.

Includes:

- Skinfold testing
- Girth measurements
- BMI calculation

Please email Kieran Mckendry at k.mckendry@witt.ac.nz to book

Session Timetable Trimester One 2024

Hours: 5am – 8pm, 7 days a week. All sessions are free to members.
 Student staffed hours are 6am – 9am and 3pm – 6pm, Wednesday to Friday.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am							
6am							
7am			Circuit	Circuit	Circuit		
8am							
9am		Booked	Booked				
10am		Booked		Booked	Booked		
12pm							
1pm	Booked	Booked	Booked	Booked	Booked		
3pm							
4pm			Circuit	Circuit	Circuit		
5pm							
6 – 8pm							

Student staffed hours



Circuit (45 min)

Discover the benefits of circuit training with our beginner-friendly class. Our trainers will guide you through a series of timed exercise stations designed to strengthen, improve your fitness, and burn calories, with modifications available for all fitness levels.