Join Melbourne’s best CBD gym & fitness centre right in the heart of Collins Street featuring state-of-the-art facilities, cutting edge Life Fitness equipment, indoor swimming pool, rooftop tennis court, and a team of dedicated professional trainers. We have everything you need to fulfill your fitness goals.

**FACILITIES**
At City Club Health & Fitness, we offer state-of-the-art facilities, along with cutting edge Life Fitness and Total Gym Gravity equipment. City Club has three group studios with over 40 classes per week, including aerobics, spinning and mind & body. Visit our 2XU retail store exclusively located at City Club Health & Fitness reception to receive your member discount on their fitness clothing and product range.

City Club members can also enjoy access to an indoor heated swimming pool, Jacuzzi, spa, steam room and plunge pool. Play a game of tennis on our full size roof top tennis court, shoot some hoops on our half basketball court or have hit of golf on one of our golf ranges. Bookings are essential and professional coaching is available.

**MEMBERSHIPS**
Achieve your fitness goals with a City Club Health & Fitness membership. Enjoy a tailored membership to suit your every need from access to cutting edge fitness equipment to your own personal secure locker. Receive a complimentary one-on-one consultation with our trainers to help you start off on the right track and make the most out of every work out.

**GROUP FITNESS**
City Club Health & Fitness offers a diverse range of group fitness classes in our specialty studios. With over 40 classes run on a weekly basis, our diverse timetable offers flexibility and convenience for those with busy schedules.

**PERSONAL TRAINING**
Our trainers understand that different exercise regimes suit different people, which is why they world closely with you to devise a unique plan to meet your health and fitness objectives. By keeping you motivated, improving your technical skills, introducing you to new equipment and new exercises, your trainer will make sure every work out counts. Leave your excuses at the door and book your first training session today!

**MASSAGE + BEAUTY SERVICES**
City Club Health & Wellbeing offers a range of results-oriented massage therapies, aesthetic services and relaxation facial treatments with a focus on total well-being. Our private treatment rooms housed within one of Asia Pacific’s largest exclusive hotel gyms at Grand Hyatt Melbourne.

With a team of highly-trained professional therapists, we can customise treatments to suit the unique needs of the individual and address a range of areas including: jet lag remedies, detoxification, rejuvenation and relaxation to relieve overworked muscles and minds. Utilisation of the pool, sauna and steam rooms is all part of the City Club Health & Wellbeing experience.

**PRICING:**

<table>
<thead>
<tr>
<th></th>
<th>Platinum</th>
<th>Gold</th>
<th>6 to 6 Month by Month</th>
</tr>
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<tbody>
<tr>
<td>Monthly Membership Fee* minimum 6 months</td>
<td>$175*</td>
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<tr>
<td>Join Fee</td>
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<td>12 Visit Pass* valid 3 months</td>
<td>$240</td>
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</table>

**WHERE TO FIND US:**

City Club Health & Wellbeing offers a range of massage therapies, aesthetic services and relaxation facial treatments with a focus on total well-being. Our private treatment rooms housed within one of Asia Pacific’s largest exclusive hotel gyms at Grand Hyatt Melbourne.

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# Group Fitness Timetable

**Timetable effective 13 January 2020**

## Studio 1 - Aerobics

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tr>
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<tr>
<td>METAFIT</td>
<td>TOTAL GYM GRAVITY*</td>
<td>PURE STRENGTH</td>
<td>EXPRESS BOXING</td>
<td>METAPWR</td>
<td>10.30 - 11.15am</td>
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<tr>
<td>METAFIT</td>
<td>TOTAL GYM GRAVITY*</td>
<td>TO THE CLOCK CIRCUIT</td>
<td>BOXING</td>
<td>TO THE CLOCK CIRCUIT</td>
<td>BARRE</td>
<td>TOTAL GYM GRAVITY*</td>
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*Gravity class passes are available from Reception 15 minutes prior to the class start time.

## Studio 2 - Spin

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<thead>
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## Studio 3 - Mind & Body

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<td>VINYASA YOGA</td>
<td>POWER YOGA</td>
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BARRE
A fusion of pilates, dance and yoga moves to strengthen, lengthen and tone the body using a barre ball, light hand weights, magic ring and of course barre! No prior dance experience required. Open to all levels.

BOXING
Combining techniques from eastern martial arts with highly diversified and intensive conditioning methods, Boxing is a fierce, full body workout designed to challenge you both physically and mentally. *Express Boxing 30 minutes

TOTAL GYM GRAVITY – *Gravity class passes are available from Reception 15 minutes prior to the class start time
Incline bodyweight training that targets a multitude of health and fitness goals by imposing demands on an individual’s condition by using a variable pulley system. The equipment can easily adjust for strength, mobility and endurance training. In fact, any challenges or modifications are possible, making it a perfect class for all

PURE STRENGTH
Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing your lean muscle. You will use hand weights, plate loaded barbells and your own body weight to change the shape of your body. No muscle gets neglected in this class!

PILATES/MAT PILATES
A body conditioning work-out that concentrates on core stability, postural alignment, breathing techniques and body awareness in order to tone and strengthen the abdominal and back muscles. To lengthen the muscles, increase flexibility and improve posture, this is the ideal class.

SPINNING®
The ultimate cardiovascular and muscle endurance program. This high cadence cycling class places the workload on your heart and lungs whilst reducing the impact on joints and connective tissue. It’s fun and gives you results! *Express Spin 30 minutes

TO THE CLOCK CIRCUIT
Combines functional movements at an intensity relative to your own physical ability. Push your body out of its comfort zone safely and reach new levels in your fitness. Sessions are scalable to suit any fitness level.

METAFIT™
Metafit combines traditional bodyweight exercises with the latest HIIT training techniques to set the metabolism on fire! Metafit will seriously change your body. Classes are 30 minutes in duration.

METAPWR™
Sticking to fundamental training principles, Metafit have created a power circuit class using functional kit and exercises to work muscle and boost metabolism. Classes are 30 minutes in duration.

POWER YOGA - prior experience recommended
Breath, strength and stamina are the main focus of this class. The interrupted flowing nature of this practice incorporates strong and perfectly executed movements that also allows on to develop a higher degree of consciousness.

VINYASA YOGA
A series of carefully planned asanas (postures) are linked together in fluid transitions synchronised with the breath. Suitable for all levels, Vinyasa Yoga will enable you to develop strength and flexibility, improved balance and awareness as well as strong mind-body connection. Create less stress & more calm.

**SUPERVISED HOURS**
6am – 8:30pm Monday - Friday
7am – 7:30pm Saturday, Sunday & Public Holidays

*Outside supervised hours, only our gym floor is accessible.*

For more information, please contact Reception on (03) 9653 4894 or via email on ghmelbourne.cityclub@hyatt.com
PERSONAL TRAINING
MEET OUR TRAINERS

Our trainers understand that different exercise regimes suit different people, which is why they work closely with you to devise a unique plan to meet your health and fitness objectives. By keeping you motivated, improving your technical skills, introducing you to new equipment and new exercises, your trainer will make sure every work out counts. Leave your excuses at the door and book your first training session today!

ADAM GRIMES – PERSONAL TRAINER
“Keep it simple, fun and achievable with good intensity helped by clean nutrition”.
Training Specialty:
- Strength training
- Functional training
- High intensity training

COLIN AZZOPARDI – PERSONAL TRAINER
“Results are best produced through a well-designed training program, clean eating and a healthy lifestyle balance”.
Training Specialty:
- Strength training
- Functional training
- Nutritional coach
- Injury prevention

XAVIER PAREDES – EXERCISE PHYSIOLOGIST
“Looking and feeling good are only the side effects to exercise, greater benefits will be seen”.
Training Specialty:
- Rehabilitation
- Disease control
- Injury Prevention
- Strength and conditioning

ANITA ROBI – PERSONAL TRAINER
“Exercise should be progressive, results driven and fun”.
Training Specialty:
- Strength training
- Functional training
- General fitness

GAYLENE MOLINIA – PERSONAL TRAINER
“I am committed to developing and maintaining fit, healthy and happy clients”.
Training Specialty:
- Stress relief
- Sport specific
- Weight loss and toning
- Body building

LIZ MORRIS – PERSONAL TRAINER
“Physical fitness and good nutrition is the key to achieving better health and indeed a better life”.
Training Specialty:
- Postural improvement
- Strength training
- Body composition
- Older adults

MARIISSA FREW – PERSONAL TRAINER
“A fit, vibrant, happy body comes from a fit, vibrant mind”.
Training Specialty:
- Wellbeing
- Nutrition
- Wellness coaching

VOULA SKLIRIS – PERSONAL TRAINER
“My mission is to help you break through your ‘perceived’ barriers and achieve your set objectives”.
Training Specialty:
- Strength training
- Functional training
- High intensity training

BRAD IMMERMANN – SPORTS CHIROPRACTOR
“Success in training lies in the ruthless execution of the basics”.
Training Specialty:
- Strength training
- Mobility training
- Rehabilitation

JOSH GARCIA – PERSONAL TRAINER
“Keep your body fit, strong and functional – that’s the key to a healthy lifestyle”.
Training Specialty:
- Gym based training
- Functional training
- Calisthenics

LUKE CARROLL – PERSONAL TRAINER
“A well conducted assessment will tell you where you are. A well planned goal will tell where you will be. A well planned program will tell you how to get there”.
Training Specialty:
- Strength training
- Functional training
- Nutritional coach
- Injury prevention

To book in your personal training session with one of our dedicated trainers please contact City Club reception on, 03 9653 4894 or ghmelbourne.cityclub@hyatt.com
CONDITIONS OF ENTRY

BY ENTERING THESE PREMISES, YOU ARE ACKNOWLEDGING THAT YOU WILL ADHERE TO THE FOLLOWING RULES AND REGULATIONS:

- GUESTS ARE RESPONSIBLE FOR KNOWING THEIR OWN PHYSICAL LIMITATIONS AND ENSURING THE SAFE USE OF EQUIPMENT
- APPROPRIATE ATTIRE AND CLOSED-IN FOOTWEAR MUST BE WORN
- CHILDREN UNDER THE AGE OF 16 YEARS OLD MUST BE SUPERVISED BY A GUARDIAN 16 YEARS OR OLDER WHEN USING THE GYM FLOOR, WET AREAS, BASKETBALL COURT AND TENNIS COURTS
- DO NOT LEAVE VALUABLES OR PERSONAL ITEMS UNATTENDED AS GRAND HYATT MELBOURNE IS NOT RESPONSIBLE FOR LOSS, DAMAGE OR THEFT OF SUCH ITEMS
- GUESTS THAT REQUIRE A LOCKER KEY MUST PROVIDE PHOTO ID IN EXCHANGE FOR A KEY
- IT IS THE RESPONSIBILITY OF THE GUEST TO RETURN THE LOCKER KEY UPON DEPARTURE. FAILURE TO RETURN A LOCKER KEY WILL RESULT IN A $20.00 FEE
- NO PHOTOS WITHOUT PRIOR APPROVAL FROM CITY CLUB MANAGEMENT
- NO SMOKING, ALCOHOLIC BEVERAGES OR GLASS IS ALLOWED
- NO RUNNING, BALL GAMES OR DIVING IN THE POOL, JACUZZI OR PLUNGE POOL
- BAGS ARE NOT PERMITTED WITHIN THE EXERCISE AREAS
- PLEASE RETURN ALL WEIGHTS AND GENERAL EQUIPMENT AFTER USE
- PLEASE SHARE EQUIPMENT THOUGHTFULLY AND USE SANITISING WIPES AFTER USE
- PLEASE DISPOSE OF ALL TOWELS IN THE TROLLEYS AND BASKETS PROVIDED

CITY CLUB RESERVES THE RIGHT TO REFUSE ADMISSION TO MEMBERS AND GUESTS DUE TO INAPPROPRIATE BEHAVIOUR, FAILURE TO COMPLY WITH CITY CLUB ETIQUETTE, OR ANY OTHER REASON THAT CITY CLUB MAY DECIDE.