



CITY CLUB
VITALITY HARMONY BALANCE



CITY CLUB HEALTH & FITNESS CENTRE

BE FIT. STAY FIT. LIVE FIT

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 studios for group classes, including aerobics, spin and mind & body.

City Club members can also enjoy access to an indoor heated swimming pool, Jacuzzi, spa, sauna, 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 tailored membership, which offers access to cutting edge fitness equipment and indoor swimming pool and spa facilities, as well as your own personal secure locker.

GROUP FITNESS

We offer a diverse range of group fitness classes in our specialty studios, on a weekly basis, for extra flexibility and convenience for those with busy schedules.

PERSONAL TRAINING

Our trainers understand that different exercise regimes suit different people, which is why they work closely with you to devise a unique plan which meets 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 AND 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 wellbeing.

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: rejuvenation and relaxation to relieve overworked muscles and minds. Complimentary access to the pool, sauna and steam rooms is included into the City Club Health & Wellbeing experience.

OPENING HOURS

Monday to Friday | 6:00am to 8:00pm

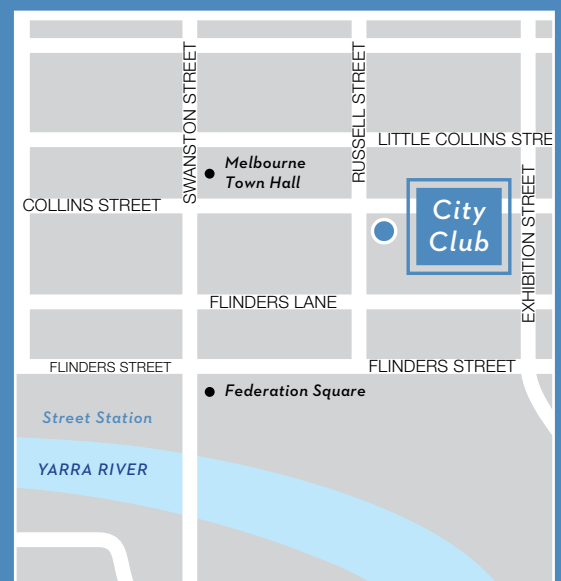
Saturday, Sunday and public holidays | 8:00am to 8:00pm

PRICING:

	Platinum	Gold	6 to 6
Monthly Membership Fee *minimum 3 months	\$175*	\$120*	\$66*
Join Fee	\$75	\$75	\$75
3 months prepaid		\$360	

Casual Visits	\$25
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WHERE TO FIND US:



CITY CLUB HEALTH & FITNESS CENTRE

Grand Hyatt Melbourne
Level 9, 123 Collins Street, Melbourne
Victoria 3000, Australia

+61 3 9653 4894 TELEPHONE
ghmelbourne.cityclub@hyatt.com
melbourne.grand.hyatt.com

GROUP FITNESS TIMETABLE



TIMETABLE EFFECTIVE 30 MAY 2022 TO CURRENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:45 - 7:30am	6:45 - 7:30am	6:45 - 7:30am	6:45 - 7:15am		
	SPIN	PURE STRENGTH	SPIN	METAPWR		
					9:00 - 9:45am	
					YOGA BARRE FLOW	
					9:45 - 10:30am	
					SPIN	
12:05 - 12:50pm	12:05 - 12:50pm	12:05 - 12:50pm		12:05 - 12:50pm		
TO THE CLOCK CIRCUIT	BARRE	TO THE CLOCK CIRCUIT		TO THE CLOCK CIRCUIT		
12:15 - 1:00pm						
YOGA/PILATES		12:45 - 1:30pm				
	1:00 - 1:45pm	SPIN	1:00 - 1:45pm			
	SPIN		PURE STRENGTH			
5:30 - 6:15pm	5:30 - 6:15pm		5:30 - 6:15pm			
BARRE	YOGA		YOGA			

BARRE

A fusion of pilates, dance and yoga moves to strengthen, lengthen and tone the body using a barre ball, light hand weights and of course barre! No prior dance experience required.

HIIT

Combines traditional bodyweight exercises with the latest high intensity interval training techniques to set the metabolism on fire! HIIT will seriously change your body

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. This is the ideal class to lengthen the muscles, increase flexibility and improve posture.

PURE STRENGTH

Using hand weights, plate loaded barbells and your own body weight to change the shape of your body. No muscle gets neglected in this class

SPIN®*

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!

TOTAL GYM GRAVITY

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. * Gravity class passes are available from Reception 15 minutes prior to the class start time.

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.

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.

YOGA

Suitable for all levels, yoga will enable you to develop strength and flexibility, improved balance and awareness as well as a strong mind-body connection.

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ADAM GRIMES PERSONAL TRAINER

“Keep it simple, fun and achievable with good intensity helped by clean nutrition”.

Available Monday – Friday

0401 962 681

agpersonaltraining@hotmail.com

Training Specialty

- Strength training
- Functional training
- High intensity training

Certifications

- Cert III & IV Fitness-Crossfit Level 1
- Level 1 Strength and Power Coach
- Group Fitness Qualified



LIZ MORRIS PERSONAL TRAINER

“Physical fitness and good nutrition is the key to achieving better health and indeed a better life”.

Available Tuesday, Wednesday & Friday

0412 878 117

dannyandliz4@optusnet.com.au

Training Specialty

- Postural improvement
- Strength training
- Body composition
- Older adults

Certifications

- Bachelor of Education
- Cert. III & IV Fitness
- Total Gym Instructor
- Group Fitness Qualified
- Fitness Qualified



GAYLENE MOLINIA PERSONAL TRAINER

“I am committed to developing and maintaining fit, healthy and happy clients”.

Available Monday - Thursday

0419 340 799

gmolinia@bigpond.net.au

Training Specialty

- Stress relief
- Sport specific
- Weight loss and toning
- Body building

Certifications

- Cert. III & IV Fitness
- Cert. I, II & III Pilates & Yoga
- Menofitness (Menopause)
- Kettlebell Training
- Suspension Training



VAN HUYNH PERSONAL TRAINER

“2 things I like:

1. Weight Lifting 2. Not Cardio”.

Please enquire for availability

0419 403 716

Huynhv87@gmail.com

Training Specialty

- Resistance & HIIT training
- Muay Thai Kickboxing
- Metabolic Precision

Certifications

- Cert. III & IV Fitness
- Metabolic Precision
- Kettlebell Level 1 & 2
- Metafit

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.
- Directions of the Chief Health Officer.
- Appropriate attire and closed-in footwear must be worn.
- Children under the age of 16 years old must be supervised by a parent or adult guardian who assumes responsibility for them at all times when using the gym floor, wet areas, basketball court and tennis courts.
- Do not leave valuables unattended as Grand Hyatt Melbourne is not responsible for loss, damage or theft of personal property.
- Guests that require a locker key, a deposit is to be exchanged.
- It is the responsibility of the guest to return the locker key upon departure. Failure to return a locker key will incur a \$20.00 fee.
- Use of photographic devices is prohibited without prior approval from City Club management.
- No glassware or alcoholic beverages are permitted within the facility.
- Smoking is not permitted inside the facility.
- No running, ball games or diving in the pool, Jacuzzi or plunge pool.
- Please shower prior to use of the wet area facility.
- Bags are not permitted within the exercise areas.
- All equipment must be thoroughly wiped down with provided sanitising wipes after use.
- Please return all weight and general equipment to their appropriate place after use.
- Please show due courtesy and consideration to fellow members and guests by sharing equipment thoughtfully.
- Please show consideration to other users by disposing of all towels in the trolleys and baskets provided.

DISCLAIMER

I hereby represent to City Club that I am physically capable of and there is no medical reason to prevent me from proceeding with the use of City Club facilities without endangering my health. I acknowledge that entering and utilising City Club facilities are at my own risk. I acknowledge that I am responsible for knowing my own physical limitations and will ensure the safe use of equipment. I hereby release and will indemnify and keep indemnified City Club for any injury or loss suffered by me while on City Club premises.