

# GROUP FITNESS & 1 ON 1 PT FAQ'S

## **Do I have to be a member of the gym to attend?**

- If not already a member, you will have to sign up as a member only to attend the sessions physically held in the Daren Ginns Centre. Sessions on the oval, indoor sports centre and other public areas do not require membership.
- If you book in and attend the group fitness sessions or book 1 on 1 PT sessions and are not already a member, you may be eligible to receive the first month of membership FREE. Contact Jordan for more info.

## **Do I need a certain fitness level/gym experience to take part?**

- Definitely not! The group fitness sessions are perfect for any fitness level, even if you've never stepped foot in a gym before. Although they may be challenging at first, each week you will see improvement and gain confidence in the exercises performed.
- Group environment not your thing? No worries at all, the 1 On 1 PT sessions are tailored to suit your goals and fitness level

## **How do I book in to attend a group fitness or 1 on 1 PT session?**

- To book a 1 on 1 PT session, contact Jordan with your preferred day/s and time/s. These are flexible 1 hour sessions and are able to fit in with your schedule before/after work etc. These sessions are held at the Daren Ginns Centre.
- We encourage you to book 1 on 1 PT sessions in advance to avoid missing out!
- Group fitness sessions are a matter of turning up and taking part! Contact Jordan if you need a timetable which outlines each location

## **Is there a minimum age to attend?**

- Participants will have to be 16 or over to attend Group Fitness or 1 on 1 PT sessions

Contact Jordan Morris for more info:  
0439 689 723  
[sportrec@mckinlay.qld.gov.au](mailto:sportrec@mckinlay.qld.gov.au)