

Re-Creation Sorrento SPRING UPDATE PH: 59840304

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 to Sat 9.00am - 3.00pm
Sun 10.00am -2.00pm

SPRING IS HERE

Get Active



Members, bring in your friends!
Ask our friendly Reception staff for a free
visit pass for your friend to try one of our
great classes.

Get Healthy



Help your body and mind maintain its
relaxed state by having regular massages.
Relax in the Salt Room after for a detox.

Book now at either gym or phone 59840304

Get Tidy



Leah's hair cuts and blow dry's will leave your
hair feeling silky smooth. She also does
colour and buzz cuts at great prices.

Book now at either gym or phone 59840304

www.recreationsorrento.com.au info@recreationsorrento.com.au

SPRING TIMETABLE

START TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
6.15am	Catalucci Boxing Karen				Catalucci Boxing Karen		
8.30am						Catalucci Boxing Karen	
8.45am						Spin Penny (45)	
9.00am	Easy Rider Spin Sue (45)	Body Burn Lisa		Spin Karen (45)			
9.30am	Body Pump Lynne		Tone It Up Helen	FIT 55 Jackie	Tabata Jen (30)	Pump RIP Penny	RIP Lauren
10.00am		Fitball Lisa			Abs Only Jen (30)		
10.30am	Body Balance Lynne		Mat Pilates Helen	Prime Movers Sue		Mat Pilates Susan	Yoga Di
10.45am					Yoga John		
11.30am	Prime Movers Sue		Prime Movers Sue				
4.00pm						Yoga Di	
5.15pm		Stretch Roller Sue (45)			<p style="text-align: center;">Download the Re-Creation Health Club App for class descriptions and updates</p> <p style="text-align: center;">All classes are held at 123 Hotham Rd, Sorrento</p> <p style="text-align: center;">Classes are 55 mins unless otherwise noted</p>		
5.30pm	FIT 30 Jo (30)						
5.45pm		Spin Trooper Karen (45)					
6.00pm	Abs Only Jo (30)	RIP Lauren	Body Pump Leanne				
6.30pm	Spin Jo (45) Yoga John		Catalucci Boxing Karen				