

# PORT MACDONNELL COMMUNITY GYM

## Open Hours & Program As at 4 June 2010

### Public Opening Hours

The Port MacDonnell Community Gym is open to the general public 7 days a week between 7am and 7pm. Arrangements can be made to use the gym outside of these hours by phoning the Port MacDonnell RTC on 08 8721 0425 or 08 8738 2380.

### Gym Classes with Steve Miller

Monday and Friday - 2pm

Tuesday - 6.30, 7.30, 8.30 & 9.30am (currently suspended, aiming to start up again in September)

Thursday - 10am

### Pilates

Pilates Class - 7.30pm Thursday night (court side of gym)

### Community Health Classes

**Easy Moves for Active Ageing** – 2pm Tuesday (court side of gym). Program aimed to help people maintain physical movement, aimed at Seniors but all ages welcome.

**Tai Chi Class** – 2.30pm Tuesday (court side of gym)

### Closed Training Sessions – 5.30-8pm Tuesday & Thursday during season

7 Port MacDonnell Netball teams use the gym for fitness on their training nights on Tuesday and Thursday nights from February to September.

4 Port MacDonnell Football teams use the gym on Tuesday and Thursday nights, for fitness and rehabilitation from February to September. More times during the off season for fitness and build up work.

*Opening hours, programs and times are subject to change.  
Please contact the Port MacDonnell RTC for current information.*

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For further information contact:  
Port MacDonnell Rural Transaction Centre  
Tel: 08 8721 0425 or 08 8738 2380  
Email: [info@dcgrant.sa.gov.au](mailto:info@dcgrant.sa.gov.au)