



CHECK OUT OUR GREAT TEAM BUILDING ACTIVITIES AVAILABLE AT MINGARA!

Our state of the art gym, Olympic length swimming pool, professional bowling greens and full size athletics track offer great options for something a little different during your event. All facilities are located a short walk from the Event Centre.

This is a few of the activities available. Like all our events, we can tailor a package to suit your guests and/or event.

GYM

One **Actives**

One step at a time. Aerobics fun style. Simple gentle and fun aerobics to keep you healthy for life.

One **FitBox**

A live one. Stay light on your feet in this high energy, high impact boxing class. Bring your boxing gloves.

One **Beats**

The one with the best beats. Our freestyle cycle class that uses music to create the best and most enjoyable workout you can have.

One **Barre**

A total body workout fusion of pilates, ballet and fitness.

One **Yoga**

One breath. Feel strong and empowered. Breath awareness and restorative postures, along with guided relaxation are combined in each session.

One **Yoga - Hot**

The hot one. Bring the heat to your body. Be guided through a series of yoga postures in our heated 32 degree room.

One **Meditation**

Take a moment to be at one with your mind as your are guided through a 30 minute meditation.

One **Pilates**

One stretch more. The mind becomes calmer, the body stronger, be stable and more flexible in this low impact, effective workout.

One **Grom Fit**

The fun one. The place to have fun and get fit for kids aged 8 to 12. Grom Fit is aimed at improving confidence, skills, fitness, health and mindfulness.

One **Young at Heart**

A healthy one. Reverse the ageing process. with this full body functional workout catered to all fitness levels and abilities.

POOL

One **Actives - Aqua**

The party one. Simple, gentle, aerobics style class in the pool. Social and fun.

One **Aqua**

The water one. Take your cardio workout to water. The resistance and support from the water provide an exciting way to feel alive in the pool.

One **Aqua - Lite Pace**

A light one. Aqua aerobics at a much lighter pace. Perfect for rehab, improving joint mobility.

One **Float**

One on the water. Warning you will get wet! This whole body workout is a fun, low impact, class. It's all on water! Burpee, lunge, squat, plank, salute the sun and more on the inflatable platform.

One **Hydro Rider**

One pedal at a time. Mix it up in this aqua and aqua cycle class, great muscle and joint support in the pool. Bring shoes for the pool.

BOWLS

One **Barefoot Lawn Bowls**

Have some fun in the sun with lawn bowls!

Great events at Mingara

Conditions: Minimum of ten (10) people per class. Preferred time and class duration to be confirmed at time of booking, pending facility and instructor availability. All classes are \$11.50 per person and will be added to event charges for full payment prior to the event.

Visit us at your club, Mingara

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