

FITNESS CENTRE

RACV HEALESVILLE COUNTRY CLUB

Get Your Team Active

Foster team spirit and promote health throughout your conference with the Fitness Centre's professional, fun and energising sessions.

For more information or to make a booking please contact the RACV Conference and Events team on (03) 5969 9450



ONLY ONE CLUB

RACV Club

RACV HEALESVILLE COUNTRY CLUB

Yoga

Flowing Yoga for beginner and intermediate participants of all ages. This class is designed to relax the mind and rejuvenate the body.

Pilates

Improve strength, flexibility, and balance. Your Pilates instructor will teach you the basics while providing opportunities to test yourself through movement and body control.

Bootcamp

Fun, motivating and designed to challenge. Your bootcamp commando will work you through a range of cardio and strength-based exercises to get the heart pumping and improve overall fitness.

Boxing

Suitable for all fitness levels, this class incorporates a great cardio workout with fun drills and combinations to make you feel like Rocky Balboa! Do you have the “eye of the tiger”?

Group Fitness Classes

5-10 group - \$200 | 11-20 group - \$300 | 21-30 group - \$400

Corporate Games

Our corporate games include all things reminiscent of our youth: relays, hoola hoops, juggling, races, tunnel ball and so much more. The games conclude with the RACV Country Club Cup.

1-Hour sessions

10-30 group - \$300 | 31-40 group - \$400 | 40+ group - \$500

Lawn Bowls

Lawn Bowls at the RACV Country Club is a great team building exercise. For one and half hours our friendly instructor will help your group learn the rules, practice the skills, and play the game on our magnificent two rink bowls green.

1.5 hours - \$350

(Bookings require minimum of 10 people)

*Bookings are essential and are subject to trainer availability.

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