

CITY CLUB
VITALITY HARMONY BALANCE

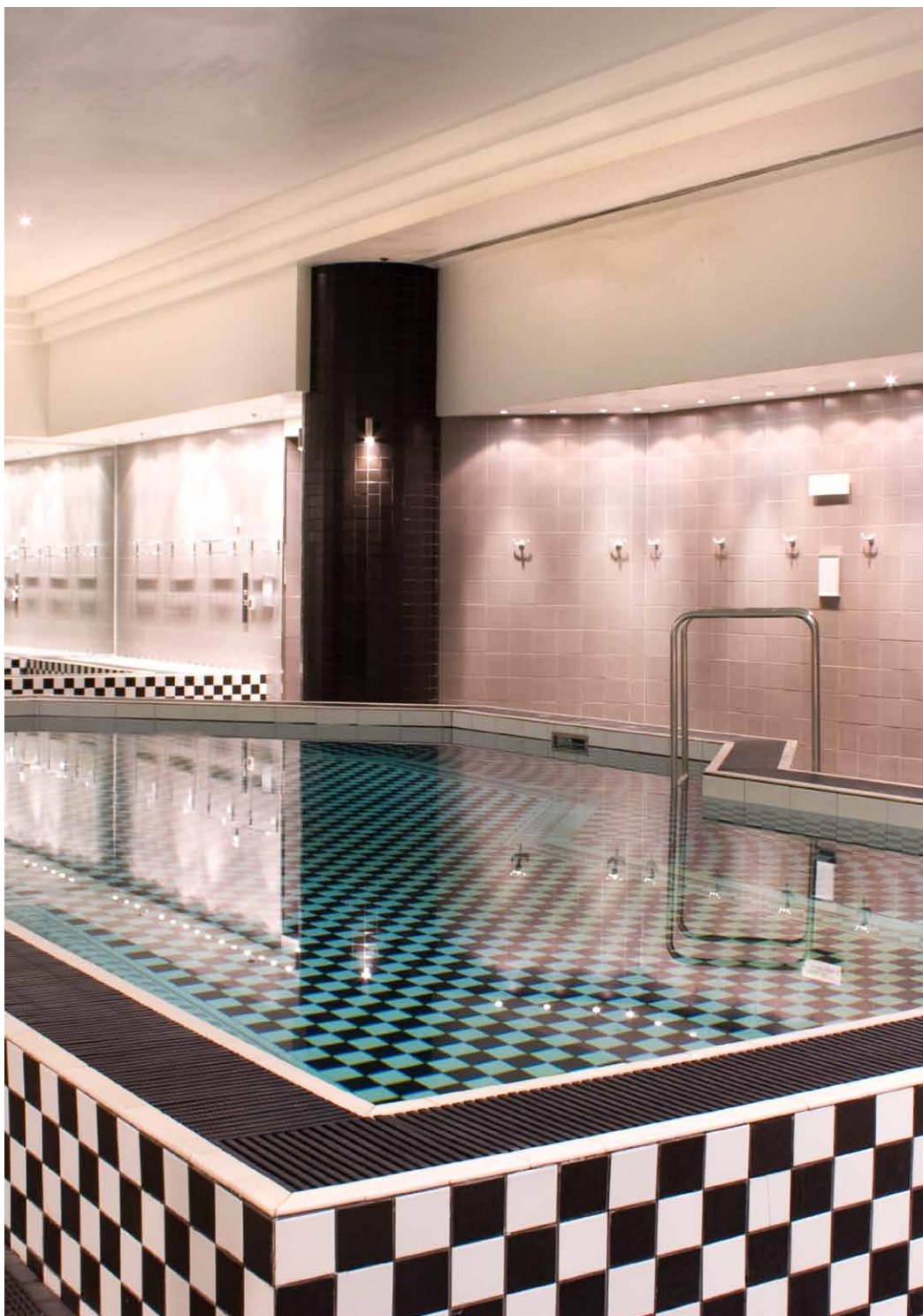


WELCOME

With premier positioning in the heart of Melbourne's CBD on Collins Street, City Club offers outstanding services and facilities for your total well being. Open 7 days a week, Melbourne's most prestigious gym is committed to helping you find vitality, balance and harmony amongst your busy lifestyle.

City Club provides an exclusive, friendly club environment supported by the guidance of experienced and caring professionals.

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FACILITIES

City Club offers a range of exercise, relaxation and rehabilitation options.

- State-of-the-art Life Fitness cardio equipment with integrated personal LCD entertainment systems and touch screen technology
- Hammer Strength free-weights and Life Fitness pin-loaded resistance equipment
- Three group fitness studios with over 45 classes every week – Aerobics, Spinning and Mind and Body
- Floodlit tennis court with plexicushion surface*
- Basketball half court
- Three golf driving ranges*
- Steam rooms and saunas
- Indoor heated swimming pool, jacuzzi and cold plunge pool

* Professional coaching available.





SANCTUARY SPA

Sanctuary is the urban spa quietly nestled within Grand Hyatt Melbourne. Sanctuary offers guests a wide range of indulgent and therapeutic aesthetic and massage treatments in the comfort of specially modified treatment rooms in the hotel. Facial and body treatments use luxurious June Jacobs products, offered exclusively by Sanctuary. Customised massage treatments use Aboriginal inspired products, Li'Tya.

To make an appointment, or for more information, please phone 03 9653 4535 or email ghmelbourne.cityclub@hyatt.com

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MEMBERSHIP

City Club Health and Fitness offers two levels of membership with a variety of complimentary benefits including laundered towels, storage lockers and electronic safes.

PLATINUM

Inclusive of all equipment and facilities at all times. Complimentary permanent storage locker, golf driving range hire, tennis court hire, laundered exercise clothing and discounted Sanctuary Spa treatments with a monthly spa credit of \$40.

GOLD

Inclusive of all equipment and facilities at all times. Member discounts for hire of driving range, tennis court and permanent lockers. Discounts also apply to Sanctuary Spa treatments.





MEMBER BENEFITS

- Complimentary fitness assessments and personal programs developed throughout the life of your membership
- Collins Kitchen, the exclusive dining destination at Grand Hyatt Melbourne – 20% discount applied to the member's total food bill
- RU-CO, the stylish bar at Grand Hyatt Melbourne – 15% discount applied to the member's total drinks bill
- Sanctuary Spa – 10% discount applied to treatments
- Grand Hyatt Melbourne Laundry – 20% discount on dry cleaning and laundry services
- Invitations to social events
- Complimentary membership suspension*
- Reciprocal membership at health clubs located in Sydney, Canberra, Adelaide and Perth
- Discounted Wilson Parking rates for the duration of workout*

* Conditions apply

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GROUP FITNESS

City Club offers a diverse range of the latest group fitness classes across three specialty studios.

AEROBICS

Body Pump™, Body Step™, Zumba®, Boxing, Freestyle Strength, Freestyle Step, To The Clock, Essential Core, 50/50

SPIN

Training Wheels, Spinning

MIND BODY

Yoga, Tai Chi, Pilates

To download our group fitness timetable, [click here](#).



Simon Goninon
Colin Azzopardi
Ozgur Begen
Adam Grimes
Pete McCall
Gaylene Molina
Liz Morris
Irene Nickole
Max Roberston-Long
Anita Robi
Gabbi Soyer

PERSONAL TRAINERS

City Club has a team of dedicated Personal Trainers to help you achieve your health and fitness goals. To learn more about each trainer, click on their name.



Simon Goninon

Colin Azzopardi

Ozgur Begen

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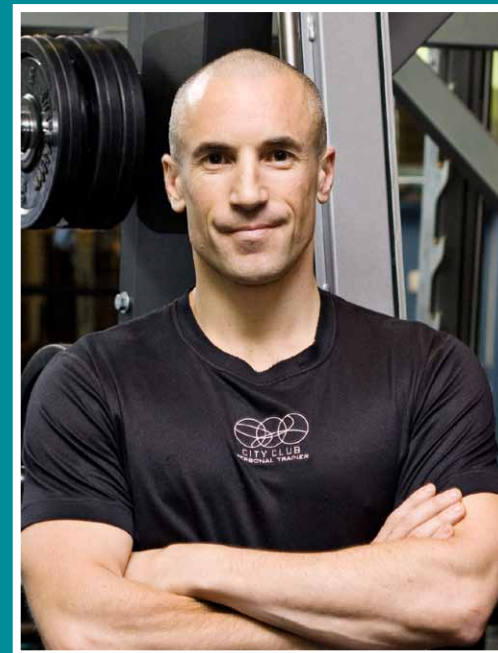
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SIMON GONINON
City Club Manager

My personal background is comprised of soccer, martial arts, multi-sport adventure races, mountain biking, and weight training. I have been professionally involved in the fitness industry for over a decade and believe in training hard and enjoying life.

I can offer you diversified and intensive training sessions specifically tailored to see you achieve your personal goals. Your workouts will be both enjoyable and rewarding, ensuring you receive the greatest benefit possible from the time and effort you contribute. With a focus on developing excellent technique, you will become self-sufficient and confident in any gym environment, learning how to safely drive yourself through the most challenging workouts.

You are welcome to contact me directly at simon.goninon@hyatt.com



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COLIN AZZOPARDI

I work with athletes who have high performance needs as well as beginners to achieve rapid and continued results. I enjoy working with dedicated people of all ages who strive to achieve their optimal performance through personal training, group fitness training, injury prevention and injury rehabilitation.

I am an experienced industry professional who enjoys learning about the body and translating this into results. My education and experiences include a degree in Fitness Leadership, diploma in Remedial Therapy, representing Australia in the U/17 World Cup in Ecuador, representing the Victorian Institute of Sport, trekking to Mount Everest Base Camp (5550m altitude) and lecturing to Cert III and IV Fitness students.

If you have an enquiry or if you would like to get started I can be reached on 0417302462 and info@hfprogressions.com.au



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OZGUR BEGEN

My initiative, innovation and enthusiasm keeps me at the top of the fitness industry and gives my clients the edge to realise their true potential.

With 15 years experience, I excel in motivating my clients to achieve the results they want. Born in Istanbul, I have an extensive background in Track and Field, specialising in Pole Vaulting. I have experience in running technique, strength training, gymnastics, Pilates, Yoga, nutrition and remedial massage. I have studied physical education in both Turkey and Australia, completing a Bachelor of Applied Science in Physical Education at Victoria University.

I am available throughout the day for one-on-one or group sessions.

To further your fitness knowledge and reach your fitness goals with my expertise, call me on 0402 091 817.



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ADAM GRIMES
CrossFit Level 1 Trainer

I believe that through positive attitude and persistence, results are inevitable.

As a Level 1 Crossfit trainer, I will ensure that your sessions will be enjoyable yet intense using varied functional exercises. I have been dedicated to health and fitness from an early age and definitely practice what I preach. With my dedication, you will have my on-going support to keep you focused, motivated and very much aware of what goes in must be burned. What ever level you are at now, we can start and get you experiencing how good it feels to see the results of your hard training within no time.

Nothing gives me greater satisfaction than seeing my clients excel.

I am available to help you unleash your potential early afternoons and evenings.

Contact me on 0401 962 681.



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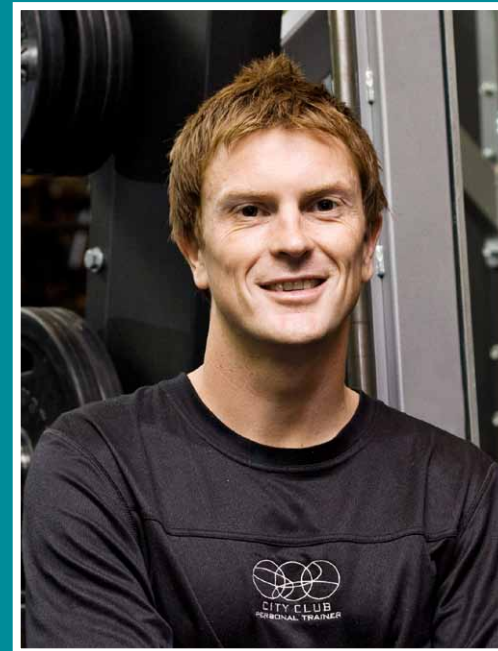
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PETE McCALL

With five years of experience, clients gain the benefits from my knowledge following a degree in Health Science majoring in Exercise Science, Sports Nutrition and Sports Coaching.

I specialise in developing functional training for the individual, including injury rehabilitation, training for competition, strength and conditioning for Australian Rules football and reduction of body fat and muscle gain.

If you are interested in improving your quality of life through health and fitness with hard work, in a fun and comfortable environment, I am a dedicated trainer who loves nothing more than seeing my clients achieve their goals.

I am available for sessions throughout the day. Please visit my website at www.animationpt.com for further info, or call me on 0411 856 402.



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GAYLENE MOLINIA

I have been a registered nurse for 20 years specialising in orthopedics, trauma and spinal injuries. I started personal training in 1990 for a positive outlook for health and well being.

I have won State and Australian NABBA Figure titles in 1998 and placed 4th in the Ms Universe titles (UK) and 7th in the Ms World titles (Austria) in 1999. I am currently the NABBA/WFF Head Female Judge for the State and National Bodybuilding Association, and continue to judge some international competitions.

I have experience in stress relief, sport-specific techniques, weight loss/gain, general fitness, injury rehabilitation, toning, body building and Pilates/Swiss Ball training across several disciplines.

My honest, caring approach and commitment is there to help you surpass your expectations and goals. Maximise your quality and enjoyment of life.

Contact me on 0419 340 799.



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LIZ MORRIS

Born out of a continuing passion for training clients over the past 15 years, together with the accompanying growth of knowledge and experience, I have come to believe in no-nonsense, effective and safe programs that deliver results.

You can expect to create and maintain a better functioning, stronger body, that looks good and feels better, as a result of training with me. You will also notice an increase in mental clarity, better moods and a decrease in stress.

To attain these advantages I will teach and motivate you to; use effective weight training techniques, increase heart/lung efficiency, improve flexibility/posture and to make effective dietary changes.

There is no magic, just knowledge and motivation. I hold a Bachelor of Education, as well as being fully qualified and certified as a personal trainer.

I am available on Wednesday and Friday from 2pm until late, and Saturday afternoons by special request. Please contact me directly on 0412 878 117 or 9527 6535.



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IRENE NICKOLE

WWF Ms Universe Athletic Champion 2010

With over 20 years experience as a qualified fitness professional, together we can change your physiological health, improve your quality of life and achieve your goals. I will assist you in managing your health and wellness by making the most of every training session, concentrating on technique correction, varied training skills, education, and let's not forget a little fun.

Your customised program will include strengthening of all the body's systems, nutritional support, teaching you how to burn body-fat, manage health issues and change your body shape. Optimum results will be achieved through your muscular and cardio-respiratory strength, posture, flexibility and core stability.

As a 4 times Australian Bodybuilding, Aerobic and Ms Body Fitness Champion, I have developed training skills and steps that I will share with you to achieve your absolute best results.

Available for one hour, half hour and group training session, please contact me on 0413 054 048.



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MAX ROBERTSON-LONG

CrossFit Level 1 Trainer

Using a wide range of functional movement within constantly varied and highly intensive workouts, you will see an improved capacity in all areas of your health and fitness.

You will squat, lift, carry, press, run, throw and jump your way towards a previously unexplored level of fitness, whilst simultaneously increasing your body's natural functionality and longevity.

Working within the threshold of your personal physical and mental capacity you will set the boundaries - through hard work, I will take you beyond them.

I am available most afternoons/evenings for personal training sessions.
Call 0425 854 543 to get started today.



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ANITA ROBI

I believe that in a personal training relationship the commitment and dedication must come from both parties – myself and the client. This ensures that old goals are fulfilled and new ones are created to establish a rewarding and positive habit for lifelong satisfaction.

Having a strong background in gymnastics and athletics (Victorian State Representative), I can provide you with an intense but functional workout that will see you stronger and fitter, revitalising both your mind and body.

I am always exploring and researching training methods that are relevant and innovative to ensure your programs are progressive, enjoyable and results-driven.

I am available for morning and afternoon sessions.

Please contact me directly on 0415 573 202.



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GABBI SOYER

My philosophy is to help make a lifestyle change in my clients lives and to make health a part of everyday life. I really want to give my clients the tools to enjoy training and eating correctly.

I have been working in the health and fitness industry for 16 years. I am a qualified personal trainer, nutritionist, spin instructor and masseur. I am an "all round" trainer that focuses on your goals, combining all my knowledge to achieve positively amazing results.

My favourite aspect of personal training is achieving results for my clients. I really try and incorporate my personality in our training sessions and make it fun!

I am available for evening sessions.

Call me directly on 0406 360 093.





CONTACT

City Club is open:

Monday to Friday: 6.00am – 9.00pm

Saturday and Sunday: 8.00am – 8.00pm

Public Holidays: 8.00am – 8.00pm

For membership enquiries or more information about City Club Health and Fitness, please contact Jacqueline Moroney on 03 9653 4922 or email jacqueline.moroney@hyatt.com

[Click here](#) to visit us on the web.

