



One Body One Life

The V Club Experience

The **V Yoga Zone** is an entire floor dedicated to the practice of Yoga and is designed to help members unwind and improve core strength and flexibility. Traditional and specialised Yoga classes are taught, including *Ashtanga & Hatha Yoga to Express, Candlelight, Level 2* and even *The Morning After Workout* to ensure members leave feeling refreshed and revitalised.

The **V Spin Studio** is uniquely themed to elevate mood with specially selected music and classes which will raise heart rate and are designed to give the ultimate cardio workout while the **V Energy Studio** is designed to lift your heart rate with a range of classes from Body pump, Body Combat, Step & a range of dance classes that are taught no where else in Sydney.

Build your strength and definition through resistance in the **V Weights Studio**, which features state of the art resistance equipment and free weights, or improve your core strength in the **V Pilates Studio** with state of the art reformer equipment and Pilate's Mat classes' levels one and two.

Poll dancing, hip-hop and other dance classes will also be on offer adding to the full body work out!

The **V Members Lounge** is a space where you can balance your lifestyle and take a break, relax your body and mind and get some perspective on daily challenges. Free internet access and library with the latest health and fitness publications are available for members.

V features **state of the art equipment**, which has been sourced by an equipment specialist in Hong Kong, **stand-up tanning booths, sauna, steam rooms** and **specially designed vanities** in the womens change rooms for privacy whilst fixing hair and makeup. All cardio machines will have **individual TV screens** featuring 15 Foxtel as well as free-to-air channels.

The spacious change rooms incorporate 27 showers (compared to 13 in most clubs) and 400 lockers (compared to 200 at most clubs).

Head down to V Club (48 Drutt St, Sydney) from June 4 and experience V for yourself. You'll soon realise **'it's all about you'**.