



SPORTSMED·SA FITNESS STEPNEY

Opening Hours

Monday – Friday	7:30am – 8:00pm
Saturday	8:00am – 12 noon
Sunday	Closed

GYM PROGRAMS (NEW gym members require a gym program prior to commencement)	\$60.00
GYM PROGRAM UPDATES	\$35.00
GYM MEMBERSHIP	
1 month	\$70.00
2 month	\$110.00
3 month	\$140.00
6 month	\$180.00
12 month	\$300.00

FITNESS ASSESSMENT (45 mins)	\$50.00
FITNESS ASSESSMENT & COUNSELLING (60 mins)	\$70.00

“COME AND TRY” PERSONAL TRAINING - Only available once	
30 minute session	\$35.00
60 minute session	\$45.00
PERSONAL TRAINING	
<u>30 Minutes</u>	
Casual	\$40.00
5 Sessions	\$180.00
10 Sessions	\$330.00
<u>60 Minutes</u>	
Casual	\$65.00
5 Sessions	\$300.00
10 Sessions	\$550.00

- On arrival, please report to reception and sign in.
- Equipment to be returned to storage racks and used for its intended purpose only.
- Please report any equipment breakdown or emergency to Reception.
- PLEASE BRING A TOWEL to place on all gym equipment prior to using it and to wipe down equipment after use.
- Closed footwear to be worn at all times.
- Change facilities available.
- Children are not permitted in the gym.