



# SPORTSMED·SA FITNESS

## Opening Hours

<b>Monday – Friday</b>	<b>7:30am – 8:00pm</b>
<b>Saturday</b>	<b>8:00am – 12 noon</b>
<b>Sunday</b>	<b>Closed</b>

<b>NEW GYM MEMBERSHIP</b> (Includes a gym program)	<b>\$145.00</b>
2 month	\$185.00
3 month	\$215.00
6 month	\$255.00
12 month	\$385.00

<b>GYM MEMBERSHIP RENEWAL</b>	<b>\$80.00</b>
2 month	\$120.00
3 month	\$150.00
6 month	\$190.00
12 month	\$320.00

<b>GYM PROGRAM UPDATES</b> (½ hour)	<b>\$40.00</b>
<b>FITNESS ASSESSMENT</b> (45 mins)	<b>\$60.00</b>
<b>FITNESS ASSESSMENT &amp; COUNSELLING</b> (60 mins)	<b>\$80.00</b>

<b>PERSONAL TRAINING</b>	
<b><u>30 Minutes</u></b>	
Casual	\$45.00
5 Sessions	\$200.00
10 Sessions	\$350.00
<b><u>60 Minutes</u></b>	
Casual	\$70.00
5 Sessions	\$320.00
10 Sessions	\$570.00

- 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.