

# Fitness Centre

## Fitness Centre

Membership	Adult	Student/Senior
<b>Casual - Cash</b> <i>One-Off consent form to be signed</i>	<b>\$10</b>	<b>\$7</b>
<b>Monthly - Direct Debit</b> <i>1st Month pro-rata plus a \$25 admin fee in cash</i>	<b>\$50</b>	<b>\$35</b>
<b>12 Pass Card - Cash</b> <i>One-Off consent form to be signed</i>	<b>\$100</b>	<b>\$70</b>
<b>3 Months - Cash</b> <i>Includes assessment</i>	<b>\$135</b>	<b>\$95</b>
<b>12 Months - Cash</b> <i>Includes assessment</i>	<b>\$500</b>	<b>\$350</b>
<b>Enquire at Reception for Aquatics/Fitness Multi Memberships</b>		

Use of this facility during unsupervised times is done so at your own risk. All users must have signed forms prior to any unsupervised exercise.

## Fitness Centre Etiquette...

To encourage safety, hygiene, maintenance and etiquette for all users, please abide by the following;

- Intense training is encouraged, however please use respectful language, tones, behaviour and gestures at all times;
- Appropriate closed-in shoes, towels and wiping down equipment after use is compulsory at all times;
- Water bottles and cubby holes are encouraged while working out;
- Return all equipment to each storage location;
- All care, but no responsibility with personal property and;
- Please advise staff if you have any changes in your medical or physical health.

## Opening Hours

Monday-Thursday: 6am-9pm

Friday: 6am-8pm

Saturday and Sunday: 8am-5pm



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Cnr of Pakington & Domett Streets, PO Box 72, Westport 7866

P: 03 789-8316 F: 03 789-8318

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## Welcome to the Fitness Centre!

Your membership includes;

### Cardio Equipment

You will be exercising with state of the art gear; treadmills, stationary bikes, recumbent bikes, rowers, cross-trainers and steppers will keep your fitness levels up even in those winter months.



### Resistance Equipment

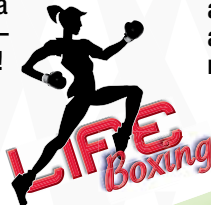
You will have a wide range of free-weights and pin-loaded cable machines so you can tailor your programme.

Other equipment including fitness balls, medicine balls, boxing bags, skipping ropes and much more!

### Group Exercise Classes

Your membership gives you access to all Fitness Centre classes.

We offer a wide variety of "LIFE" classes. Check out the timetable and descriptions to suit your style... bring a drink bottle and towel – you're going to need it!



### Personalised Programme

Included with every Standard Membership is;

1. First assessment; includes fitness assessment, individualised programme tailored towards your goals (30 mins)
2. Workout assessment; a Fitness instructor will show you through your programme (30 mins)
3. Re-assessment; 8 weeks into your membership, your fitness instructor will re-assess your fitness levels, goals and re-write your programme (30 mins)



### Professional Environment

Our qualified Personal Trainers are highly experienced, in all aspects of fitness. The showers, changing facilities, air conditioning, mirrors and sound system ensure you're in the best environment to achieve your dreams... and don't forget we have an aquatic facility right next door!

