



"Promoting a healthy lifestyle"

PRICES 2010

SINGLE VISIT & VISIT CARDS:	<i>To all Classes and/or the Gym</i>	Adult	Student/Pensioner
	Casual Visit	\$15.00	\$13.00
	10 Visit Card	\$130.00	\$115.00
	20 Visit Card	\$220.00	\$205.00
Child supervision	1 Child	\$5.00	
For Boost your morning Sessions only	2 Children	\$7.00	
	3 Children	\$10.00	
MEMBERSHIPS:		Adult	Student/Pensioner
GYM ONLY Membership	<i>Includes unlimited use of the GYM with supervision and advise at all times.</i>		
	1 Month	\$95.00	\$85.00
	3 Months	\$240.00	\$220.00
	12 Months	\$540.00	\$510.00
GYM AND ALL CLASSES Membership	<i>Includes ALL FITNESS CLASSES and unlimited visits to the GYM with supervision and advise at all times.</i>		
	1 Month	\$130.00	\$130.00
	3 Months	\$340.00	\$340.00
"THE ULTIMATE" Membership (12 Months only)	<i>The "Ultimate Membership" includes</i> - All Gym Sessions supervised - All Fitness Classes - Permanent RPM booking times - 1 x written Gym Program per annum and updates as needed. - Body fat (skinfolds) testing every 6 weeks		
	12 Months - single payment	\$1150.00	
	12 Months - paid in 3 Instalments	\$1350.00	
Programs & Extras:	Written Personal Program (Initial)	\$75.00	\$75.00
	Follow up and changes to existing Programs.	\$45.00	\$45.00
	Personal Training Session (Private)	\$75.00	\$75.00
	Small Group Training Session (2 – 6 People)	\$110.00	\$110.00

Drinks	Cost	Accessories	Cost
Water	\$2.00	Caps	\$25.00
Red Bull	\$2.50	Towels	\$20.00
Red Bull x 2	\$4.00	T-Shirts (various styles)	\$30.00

Payments: by cash, cheque or if discussed with staff by Direct Deposit.