

PERSONAL TRAINING

If you are interested in making an appointment with one of our Personal Trainers, leave your name, phone and/or email address details. One of our trainers will contact you within 24-48 hours to assist you with your personal fitness needs. Alternatively, you can contact them directly. Business cards are located on the notice board, Level 4 pool area. Business cards are located on the fitness Centre desk on entry to the change rooms



PAYMENT OPTIONS: ONE OFF PROGRAM: \$130

1ST SESSION INCLUDES:

Medical screening form, session goals & plans, body weight composition, flexibility, blood pressure, nutrition and posture assessment.

2ND SESSION INCLUDES:

This is where you get physical!
You'll be shown how to achieve your fitness goals. Upon completion you'll receive your detailed program in writing.

It is recommended to book a follow-up consultation every 6 weeks ►

SESSIONS	30 MIN	55 MIN	X2 PARTNER TRAINING 55 min only	PARTNER TRAINING* 55 min only
SINGLE SESSION	55	75	90	
6 PACK SESSION	291	412	528	Valid for 7 weeks from start
12 PACK SESSION	576	800	1020	Valid for 13 weeks from start

Note:

Payment can be made by Cheque, Cash or Internet Banking directly to the Personal Trainer

Terms & Conditions

- 24hrs notice of cancellation is required prior to session time - otherwise full payment will be charged
- Full payment to be made prior to commencement of session

* Partner Training only available during Off Peak times: 8am - 12pm or 2pm - 5pm