

City Tatts & World Gym Castlereagh

Amalgamation
09 July 2021

Marcelo A. Veloz 0448 717 559



Agenda



- Latest Update from the NSW Government
- Emails to members
- Patrick Champion's Video
- Likely to re-open the WGC
- Day SPA
- Lockers information
- Towels
- Process of Migration
- Refunds



Latest Update from the NSW Government



From 5pm today (Friday, 9 July) the following additional restrictions will be in place:

- Outdoor public gatherings limited to two people (excluding members of the same household);
- People must stay in their Local Government Area or within 10kms of home for exercise and outdoor recreation, with no carpooling between non-household members;
- Browsing in shops is prohibited, plus only one person per household, per day may leave the home for shopping;
- Funerals limited to ten people in total (this will take effect from Sunday, 11 July);



Latest Update from the NSW Government



The four reasons to leave your home remain in place:

- Shopping for food or other essential goods and services (one person only);
- Medical care or compassionate needs (only one visitor can enter another residence to fulfil carers' responsibilities or provide care or assistance, or for compassionate reasons);
- Exercise with no more than 2 (unless members of the same household);
- Essential work, or education, where you cannot work or study from home.

Restrictions in regional NSW will remain unchanged.



Emails to members



Marcelo A Veloz

Tuesday 29/06/2021

Wednesday 7/07/2021

(Point 5 of email advising the gyms will be closed until the 10th July)
Advising the extension of another week and this meeting

'Dear Members

I hope this email finds you safe and well.

In light of this morning's announcement by the NSW Premier, regarding the extension of the COVID lock down restrictions for another week, City Tatts and The Castlereagh Club including our fitness facilities will unfortunately continue to be closed until Saturday 17th July 2021, adding further pressure across all of our business units.



Video address to members – Pat Champion



Patrick Champion
Video to members 7am today 09/07/2021



Video address to members – Pat Campion



Patrick Campion
Video to members March 2021 – Announcing the
Acquisition of the World Gym



Likely to Re-Open



24 July Subject to Government's decision

Aligns with the handover date for The Castlereagh Renovations



Day - Spa



No changes.

- Access via the lift, straight to Level 4
- Appropriate hording will be erected to ensure no one access the wet areas or change rooms



Lockers



New Lockers

- 46 New larger lockers are been built
- \$200 per annum payable in advance.
- Renewal process starts 1 month out



Towels



Commemorative Limited Edition

- All migrating members will receive a limited edition, City Tatts Towel
- Daily rate for towels is \$3 per day



Process for Migration & Refunds



Step 1 – Complete the form sent to with your details and confirm if you wish to migrate or not to the World Gym

Step 2 – If you decide not to Migrate A CTC staff member will make direct contact to process cancellation and refunds were appropriate.

Step 3 – I you hold a permanent locker, please let staff know so a refund (pro-rata) can be processed.



Member Led Classes Time Table Basement

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Glenn Riley	6:30 -7:30 Boxing						
Kumar		6.15 Spin	6.15 Weights	6.15 Spin			
Tony Russo	4:30pm Circuit		4:30pm Circuit		4:30pm Circuit		
George Kostas					5:45pm Replacement		
Matt Kayrooz		6:45-7:30 Circuit		6:45-7:30 Circuit	6:15-6:45 Abs		
Ricky McVicar	5-5:45 Circuit		5-5:45 Circuit		5-5:45 Circuit		
Brian Adams	12-1pm Circuit		12-1pm Circuit		12-1pm Circuit		
John Lawler		6-7am	6-7am	6-7am		6:30-8am	
Zac			5:45-6:45 Funct Train		5:45-6:45 Funct Train		
Karlo		12-1pm Boxing					

Classes Available



Booking are Essential. Book via phone 9137-3287 or via World Gym Australia App

CONDITIONING AND STRENGTH							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM		WORLD GYM ATHLETICS 45'		WORLD GYM ATHLETICS 45'	WORLD GYM ATHLETICS 45'		
7:15AM			BOX FIT 45'				
8:00AM	ZUMBA 45' STRONG NATION						
9:00AM						WORLD GYM ATHLETICS 45'	
10:00AM						BOX FIT 45'	
11:00AM						ZUMBA 45' FITNESS	
11:30AM			ZUMBA 45' FITNESS				
12:30PM	WORLD GYM ATHLETICS 45'		WORLD GYM ATHLETICS 45'		WORLD GYM ATHLETICS 45'		
12:45PM		BOX FIT 45'		WORLD GYM ATHLETICS 45'			
5:15PM	BOX FIT 45'						
5:30PM		WORLD GYM ATHLETICS 45'		WORLD GYM ATHLETICS 45'			
6:00PM	WORLD GYM ATHLETICS 45'		WORLD GYM ATHLETICS 45'				
6:15PM							
6:30PM				BRAZILIAN CARNIVALE 45'			

Background



1. Towels & Lockers

MIND BODY STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45AM				YOGA 45'			
9:00AM	STRETCH 45'		STRETCH 45'				
10:00AM					YOGA 45'		
11:00AM	PILATES REFORMER 45'				PILATES REFORMER 45'		
12:00PM					PILATES REFORMER 45'		
12:30PM		PILATES REFORMER 45'					
12:45PM	YOGA 45'		YOGA 45'				
4:00PM		MAT PILATES 45'		MAT PILATES 45'			
5:15PM			PILATES REFORMER 45'				
5:30PM	PILATES REFORMER 45'	PILATES REFORMER 45'		PILATES REFORMER 45'			
6:15PM			YOGA 45'				

VIP MEMBERSHIP REQUIRED FOR: WORLD GYM ATHLETICS CLASSES, AND PILATES REFORMER CLASSES

SEE RECEPTION FOR DETAILS ON HOW TO UPGRADE TO VIP MEMBERSHIP

Spin Time Table



CYCLE ROOM							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30AM					CYCLE 45'		
12:00PM		CYCLE EXPRESS 30'		CYCLE EXPRESS 30'			
6:15PM	CYCLE 45'		CYCLE 45'				

World Gym Trainers & Staff



STAFF

Haydon Benfield
Sam Cook
Jade Colenan
Hallie Schroeder
Steph Ling
Eren Looney
Jayden Murdoch
Amanda Riveiro

Other trainers: Eli Toffoli, Jen Nohra, Tyrone Lacey, James Blatch



CTC Trainers & Staff



STAFF:

Zac, Carlo, Dani and Giulia

PT's

Ruben, Oliver, Russell, Ivo, Valeria, Jane-Marie, Bruna



Benefits



Weekly Members	Annual Members	Senior Members	April Promotion Member
<p>Weekly Discount \$7</p> <ul style="list-style-type: none"> • Club Credits \$50 • Joining Fee \$99 • FOB (Key Tag) 36 • Loyalty Coffee and Shakes Cards 	<p>Annual Discount \$418</p> <ul style="list-style-type: none"> • Club Credits \$50 • Joining Fee \$99 • FOB (Key Tag) 36 • Loyalty Coffee and Shakes Cards 	<p>Annual discount \$868</p> <ul style="list-style-type: none"> • Club Credits \$50 • Joining Fee \$99 • FOB (Key Tag) 36 • Loyalty Coffee and Shakes Cards 	<p>Annual Discount \$419</p> <ul style="list-style-type: none"> • Club Credits \$50 • Joining Fee \$99 • FOB (Key Tag) 36 • Loyalty Coffee and Shakes Cards





Thank you!

