



## PILATES 341 MEMBERSHIP PRICING

<b>Trial Classes</b>	2 for \$20
1 visit	<b>\$23</b>
5 visits	<b>\$105</b> (\$21 per visit)
10 visits	<b>\$180</b> (\$18 per visit)
20 visits	<b>\$320</b> (\$16 per visit)
50 visits	<b>\$700</b> (\$14 per visit)

### What is Pilates 341?

Pilates 341 is a mix of Group Fitness Classes designed to be done on Pilates reformers for all fitness levels. While all classes will incorporate elements of strength, cardio, core and flexibility training, our Group Fitness Reformer classes help you choose your workout based on a well defined programmed designed to help you achieve your personal fitness goals. See you on the beds!

**Pilates 341 (60mins)** Pilates 341 has been designed to incorporate strength, core stability, cardio and fitness programming into traditional Pilates movements to help achieve your personal fitness goals. This Group Fitness Reformer Class is for everyone and can be adapted for all fitness levels and abilities regardless of your experience. *Be sure to talk to your Instructor before class if you have any injuries or concerns.*

**Pilates Fundamentals (60mins)** The perfect Pilates Introductory Class. Learn about Pilates key concepts/movements from which all exercises progress in our classes. Learn how to use, set-up and adjust the reformer along with terminologies, options and any regressions necessary for past injuries. It is recommended that at least 1 Fundamentals class is attended prior to doing the 341, stretch, core or cardio.

**Pilates Stretch (60mins)** Pilates Stretch is the ultimate stretch-recovery class! Increase your flexibility, range of motion and release muscle tightness. Had a big week? Need a guided stretch? Then this class is for you!

**Pilates Cardio (45mins)** Pilates Cardio classes are aimed at increasing your heart rate, cardio fitness levels and metabolism. This all round reformer fat-burner will tone, shape and strengthen. Not only does this class target your weight loss goals it will challenge your stability using jump-boards and free-weights to push your boundaries!

**Pilates Core (45mins)** Pilates Core classes are designed to strengthen your core stability. This Group Fitness Reformer class focuses on your abdominals / mobility around your spine. Tired of sit-ups? Try this challenging true Ab-Blaster!

### OTHER BENEFITNESS SERVICES

Casual Visit*	\$15
Members Guest*	\$12
10 Visit Pass*	\$100
Gym Program 1 Hour	\$60
Re-Assessment 1/2 Hour	\$40

### PERSONAL TRAINING

1/2 Hour Session	\$40
1 Hour Session	\$60
10 x 1/2 Hour Sessions	\$350
10 x 1 Hour Sessions	\$500

*Group Training and You & Me PT also available. Visit our website for bookings and further pricing.*

*\*Conditions: Casual Visit, Members Guest and 10 Visit Passes can only be used during staffed hours.*

### OPENING HOURS

**24/7**  
24 hours, 7 days a week

*You can access the gym depending on what type of membership you have using an Access Band/FOB, and provided you have completed an orientation session on safety procedures and equipment.*

### STAFFED HOURS

Monday - Thursday  
**9am - 12noon & 2pm - 8pm**  
Friday  
**9am - 12noon & 2pm - 5pm**  
Saturday  
**8am - 12noon**

*There are no staff on reception on Public Holidays and between Christmas and New Year*

### CRECHE AND KIDS CLUB

Monday - Friday Sessions  
**(9am - 10:15am) & (10:15am - 11:30am)**  
Monday - Wednesday Sessions  
**(5pm - 6:15pm) & (6:15pm - 7:15pm)**  
Saturday Sessions  
**(8am - 9:30am) & (9:30am - 11:15am)**

### POSTPONEMENTS

You can postpone your membership for a maximum term of 12 months for a fee of \$15.

*Conditions apply. Refer to our membership terms and conditions.*