

## PILATES 341

**Trial Classes** 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)

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.

We run a variety of classes to suit all levels, with 5 different classes to choose from - Fundamentals, Pilates 341, Cardio, Core & Stretch.

You can find class descriptions on our website [www.pilates341.com.au](http://www.pilates341.com.au) or on the Pilates 341 App.

## WELLNESS & RECOVERY LOUNGE

**Trial Sessions** 3 for \$30

<b>Infrared Sauna</b>		<b>Recovery Massage Chair</b>		<b>Breathing &amp; Meditation Chair</b>	
25 min sessions		15 min sessions		15 min sessions	
1 visit	<b>\$25</b>	1 visit	<b>\$15</b>	1 visit	<b>\$15</b>
10 visits	<b>\$200</b>	10 visits	<b>\$120</b>	10 visits	<b>\$120</b>

**Unlimited \$10/week**  
(Upgrade for the term of your Benefitness membership)

Our Wellness & Recovery Lounge offers access to Infrared Saunas, O2 Breathing & Meditation Chairs and Massage & Recovery Chairs. This space is designed to allow you to relax, recover and restore physical and mental balance. Complete with a tea station and fresh water, include this area into your workout routine to get the maximum results.

The **Infrared Sauna** uses a unique combination of infrared heat technology and colour light therapy to restore physical and mental balance.

The **Recovery Chair** is more than a traditional massage chair. With unique full body scanning technology it offers a personalized and total mind and body recovery experience.

Our **Breathing & Meditation Chair** guides uses to breathe more consciously, slowly and deeply enhancing physical and mental health.

## STRENGTH & CONDITIONING PROGRAM

**Initial Assessment** \$50

**Trial Classes** 2 for \$20

**Unlimited \$20/week added to your membership**  
(minimum term for 12 weeks)

**Serious Training! Serious Results!** Experience coaching from industry leaders in Strength & Conditioning with the knowledge and experience that will truly get you results! Delivering you not only a great group atmosphere, but structured programming that will see you mastering your technique and hitting those PRs! We don't just want you to achieve more; we want you to achieve the highest results possible!

Programmed in 12 week blocks and working alongside a team of Coaches, learn how to Deadlift, Squat, Bench Press and more with perfect technique under the watchful eyes of our high-level coaches, while increasing your Metabolic Conditioning and performance.

Some of the training methods will include Speed & Agility Training, Plyometric Training, Ballistic Training, Olympic Weightlifting, Strength Training (Resistance Training) and Metabolic Conditioning.

### OTHER BENEFITNESS SERVICES

Casual Visit*	\$15
Members Guest*	\$12
10 Visit Pass*	\$120

\*Conditions: Casual Visits & Members Guests can only be used during staffed hours.

### PERSONAL TRAINING

Pricing and appointments for personal training can be found online via our website under Our Club - Personal Training

### 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)

### 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 we have modified hours between Christmas and New Year.

**OPEN  
24/7**