



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

**Unlimited Live Classes \$40/week**  
(no lock in contract, must give 2 weeks written notice to cancel)

**Unlimited Live Classes + Reformer Pilates on Demand + Club Membership \$50/week**  
(no lock in contract, must give 2 weeks written notice to cancel)  
(must purchase membership access FOB \$49)

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.

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

**Reformer Pilates on Demand**

One on One reformer Pilates experience via our customisable kiosk and Bluetooth headphone connectivity. Find the perfect class for you, with a huge range of class styles and new content been added regularly, there's something for beginners through to advanced users. Reformer Pilates is low-impact exercise that can help to increase strength, flexibility, posture, balance and stability. Simply choose your class, connect your headphones via Bluetooth, and watch along the screen while you're instructed through your workout. Available 24/7 outside of our scheduled classes. Please see reception for more details.

<b>Trial Sessions</b>	3 for \$30
<b>Infrared Sauna</b> 25 min sessions	
1 visit	<b>\$25</b>
10 visits	<b>\$200</b>

<b>Recovery Massage Chair</b> 15 min sessions	
1 visit	<b>\$15</b>
10 visits	<b>\$120</b>

<b>Breathing &amp; Meditation Chair</b> 15 min sessions	
1 visit	<b>\$15</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.

**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 - 11:00am)

**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.*

