

To sign up and for more info and prices please go to <https://physioandfitness.gymmasteronline.com/portal/login>

## GROUP FITNESS TIMETABLE start times (included in Membership):

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30am	PILATES Equipment Cardio Advanced	HIIT	PILATES Intermediate/Advanced	PILATES Stretch/Foundations	HIIT or BOXING	
6.15am	PILATES Foundations/ Intermediate	PILATES Stretch/Foundations		6am HIIT		
7.00am		PILATES Intermediate	PILATES Intermediate			
8.00am			BALANCE & MOBILITY			PILATES Foundations/ Intermediate
9.00am	PILATES Foundations/Intermediate		PILATES Stretch (Child Friendly)	PILATES Circuit	BODY SCULPTURE	
10.00am		BODY SCULPTURE		PILATES Foundations/Intermediate		
11.00am						
4.30pm	Barre PILATES			PILATES Foundations/Intermediate		
5.00pm	OUTDOOR FITNESS		OUTDOOR FITNESS		BOXING or STRENGTH TRAINING	
5.15pm	PILATES Intermediate	STRENGTH TRAINING or BOXING	PILATES Foundations/Intermediate	PILATES Equipment Cardio Advanced		

## REFORMER PILATES TIMETABLE start times (excluded from Membership):

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am			REFORMER Intermediate/Advanced	REFORMER Foundations/Intermediate		
7.00am	REFORMER Intermediate/Advanced					
9.00am		REFORMER Foundations/Intermediate				REFORMER Foundations/Intermediate
10.00am	REFORMER Foundations/Intermediate		REFORMER Foundations/Intermediate			
6.00pm	REFORMER Intermediate/Advanced		REFORMER Foundations/Intermediate	REFORMER Foundations/Intermediate		

All classes (except Outdoor Fitness) will be held at 96 Glenlyon Street, Gladstone.

Outdoor Fitness held at East shores

**BOOKINGS ESSENTIAL:** <https://physioandfitness.gymmasteronline.com/portal/login> \* Time table subject to change at any time due to staff availability.

## JUST GYM MEMBERSHIPS - Unlimited Gym use

- Ongoing membership on a fortnightly Direct Debit agreement \$10.00 per week, no lock-in contract - cancel at any time\*
- 1 week pass \$15.00
- 6 month upfront membership \$220
- 12 month upfront membership \$400

## GYM CLUB MEMBERSHIP - Unlimited Gym use, 3 classes from Group Fitness Timetable per week (reformer not included)

- Ongoing membership on a fortnightly Direct Debit agreement \$20.00 per week, no lock-in contract - cancel with 2 weeks notice\*
- 1 week pass \$27.00
- 6 month upfront membership \$440
- 12 month upfront membership \$750

Additional classes can be purchased through the portal (1x\$5, 2 x\$9)

## ULTIMATE GYM CLUB MEMBERSHIP - Unlimited Gym and classes from Group Fitness Timetable per week (reformer not included)

- Ongoing membership on a fortnightly Direct Debit agreement \$28.00 per week, no lock-in contract - cancel with 2 weeks notice\*
- 1 week pass \$35.00
- 6 month upfront membership \$600
- 12 month upfront membership \$1000

## Reformer Pilates\*\*

- Casual visit \$18
- 10 pass reformer pilates \$150 or \$130 for members
- 20 pass reformer pilates \$280 or \$250 for members

## Clinical Pilates one-on-one by Pilates Instructor

- 30 minute private session \$65, 3 x 30 min \$150, 6 x 30 min \$285
- 45 minute private session \$75, 3 x 45 min \$180, 6 x 45 min \$345
- 60 minute private session \$90, 3 x 60 min \$205, 6 x 50 min \$395

## Personal Training

- 30 minute private session \$45, 3 x 30 min \$120, 6 x 30 min \$220
- 45 minute private session \$55, 3 x 45 min \$140, 6 x 45 min \$260
- 60 minute private session \$70, 3 x 60 min \$180, 6 x 60 min \$320

## Introduction to personal training packages

- 3 x 30 minute private session \$90
- 3 x 45 minute private session \$115
- 3 x 60 minute private session \$135

If you are new to our Gym we strongly **recommend** that you book in with one of our staff to create a tailored Gym Program.

\* Direct debits are processed by an external company and incur a small additional fee.

\*\* A one-on-one pilates session is mandatory for all new Reformer Pilates clients.

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for more information see [www.physioandfitness.com.au](http://www.physioandfitness.com.au) or call 074972 3244.