

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

GROUP FITNESS TIMETABLE start times FROM 20th APRIL 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.45am	FUNCTIONAL PILATES	FUNCTIONAL PILATES 5.30am P&F SHED	FUNCTIONAL PILATES	FUNCTIONAL PILATES 5.30am P&F SHED	BOXING
6.30am			REFORMER PILATES		FUNCTIONAL PILATES
8.00am			BALANCE & MOBILITY		
9.00am	BODYSCULPTURE (Child Friendly)	REFORMER PILATES	HIIT (Child Friendly)	PILATES CIRCUIT (Child Friendly)	BODYSCULPTURE
10.00am		FUNCTIONAL PILATES			FUNCTIONAL PILATES
4.30pm	JUMPBOARD PILATES				
5.15pm	FUNCTIONAL PILATES P&F SHED	STRENGTH TRAINING	FUNCTIONAL PILATES P&F SHED	HIIT	
6.00pm	REFORMER PILATES		BEGINNER PILATES		

All classes will be held at 96 Glenlyon Street, Gladstone, P&F SHED LOCATED AT 94 Glenlyon Street

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

GYM PRICE LIST

JUST GYM MEMBERSHIPS - Unlimited Gym use during opening hours

• Ongoing membership on a weekly Direct Debit agreement \$12.00 per week, no lock-in contract - cancel with 2 weeks notice, minimum membership period 4 weeks*

- 1 week pass \$15.00
- 6 month upfront membership \$240 (not possible to put on hold)
- 12 month upfront membership \$450 (not possible to put on hold)

GYM CLUB MEMBERSHIP - Unlimited Gym use and classes

Ongoing membership on a weekly Direct Debit agreement \$35.00 per week, no lock-in contract - cancel with 2 weeks notice, minimum membership period 4 weeks*

- 1 week pass \$40.00
- 6 month upfront membership \$700 (not possible to put on hold)
- 12 month upfront membership \$1200 (not possible to put on hold)

Passes

- Casual class pass \$20
- 10 pass pilates/fitness classes \$180 (6 months expiry)
- 20 pass pilates/fitness classes \$340 (6 months expiry)

Functional Pilates one-on-one by Pilates Instructor (6 months expiry)

- 30 minute private session \$70, 3 x 30 min \$175, 6 x 30 min \$315
- 45 minute private session \$80, 3 x 45 min \$200, 6 x 45 min \$360
- 60 minute private session \$95, 3 x 60 min \$238, 6 x 50 min \$428

Personal Training (6 months expiry)

- 30 minute private session \$55, 3 x 30 min \$138, 6 x 30 min \$248
- 45 minute private session \$65, 3 x 45 min \$163, 6 x 45 min \$293
- 60 minute private session \$80, 3 x 60 min \$200, 6 x 60 min \$360

20% discount on memberships and one-on-one sessions for students, pensioners and seniors.

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.

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for more information see www.physioandfitness.com.au or call 074972 3244.