COOGEE BEACH
FITNESS CLUB

WELCOME TO COOGEE BEACH FITNESS CLUB

GYM MEMBERSHIP OPTIONS
CLASS & GYM MEMBERSHIP OPTIONS
CASUAL OPTIONS
MEMBER BENEFITS
KICKSTARTERS
LIVING LONGER LIVING STRONGER

WWW.COOGEEBEACHFITNESSCLUB.COM.AU

GYM MEMBERSHIPS

DIRECT DEBIT OPTIONS

NORMAL	CON/STU
$17.45 P/W	$15.45 P/W

THE MAIN DETAILS

- no sign up fees
- no freeze charges (DD only)
- no cancellation fees (DD only)
- Reduced rate group fitness classes

WEEKLY PRICE STATED
+77C PER DEBIT CHARGE
CHOOSE F/NIGHTLY OR 4 WEEKL CYCLE
GYM ACCESS CARD IS $20 AS A DEPOSIT & IS REFUNDED UPON RETURN

GYM MEMBERSHIPS

PAY UP FRONT OPTIONS

	NORMAL	CON/STU	
1 MNTH	$120	$100	
3 MNTH	$270	$250	
6 MNTH	$405	$365	SAVE 10%
12 MNTH	$770	$685	SAVE 15%

(FIFO & shift work rates available - only pay for when you're home/available)

WHAT YOU GET

WELCOME TO THE FAMILY

- no sign up fees
- no freeze charges (DD only)
- no cancellation fees (DD only)
- private change room access
- gym access between 5am-10pm 365 days

ADDED BONUSES

- social member access to the Surf Life Saving Club
- special member community group access
- local discounts to our preferred Physiotherapists, massage therapists & more
- private health rebates (depending on your cover)

PROMISES

- the most inviting and friendly gym environment you have ever been in
- if we ever feel like the gym is getting too busy then we will stop taking new members

CLASS MEMBERSHIPS

DIRECT DEBIT OPTIONS

2X P/W NORMAL	2X P/W STU/CON	UNLIMITED NORMAL	UNLIMITED STU/CON
$24.95 P/W	$22.95 P/W	$29.95 P/W	27.95 P/W

THE MAIN DETAILS

- access to all group classes including Pilates
- full gym membership & all benefits included
- first body composition scan or boxing gloves included in commitment (unlimited only)

CHOOSE YOUR THANKYOU

SET OF NEW PUNCH BOXING GLOVES & INNERS

value of $44.95
unlimited = free
2x p/w = $20

OR

EVOLT 360 BODY COMPOSITION SCAN

value of $40.00
unlimited = free
2x p/w = $20

THE FINER DETAILS
IF ON 2X PER WEEK MEMBERSHIP = 8 CLASSES PER 4 WEEKS AND CLASSES RESET 4 WEEKLY

WEEKLY PRICE STATED
+77C PER DEBIT CHARGE
CHOOSE F/NIGHTLY OR 4 WEEKL CYCLE
GYM ACCESS CARD IS $20 AS A DEPOSIT & IS REFUNDED UPON RETURN

LIFT

WEIGHTS // KETTLES
PLATES // ROPES

HIIT UP

BODYWEIGHT // HIIT
INTERVALS // CORE

RUMBLE

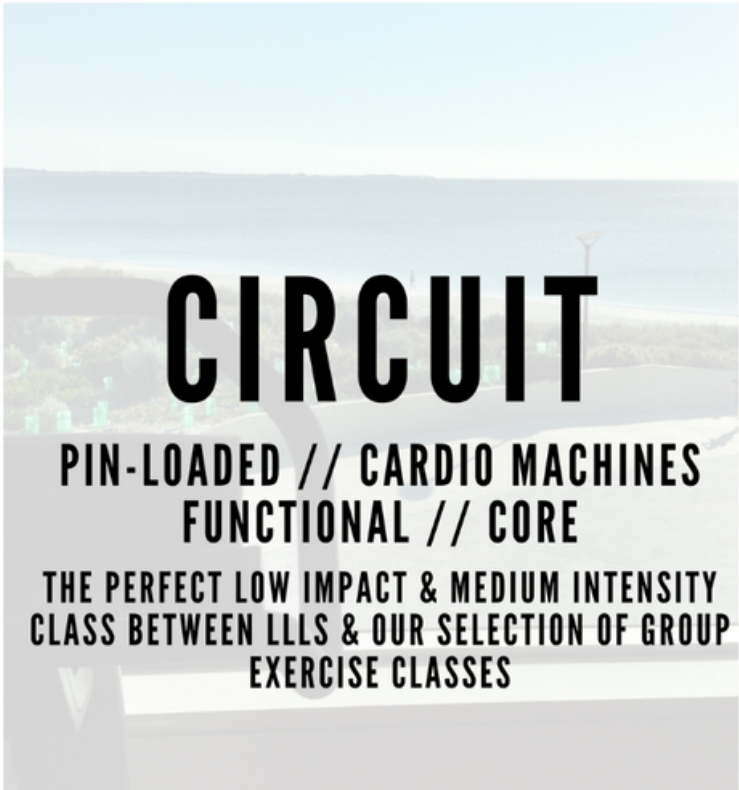
BOXING // CIRCUIT
BODYWEIGHT // HIIT

PILATES

MAT // RING
BAND // BALL

OVER 50'S

LIVING LONGER LIVING
STRONGER (COTA)



CIRCUIT

PIN-LOADED // CARDIO MACHINES
FUNCTIONAL // CORE

THE PERFECT LOW IMPACT & MEDIUM INTENSITY CLASS BETWEEN LLLS & OUR SELECTION OF GROUP EXERCISE CLASSES

Please download the GymMaster app (blue app with a big G) to book and cancel classes.
Your LOGIN is the email and your PASSWORD is your phone number that you registered with us. Thankyou

TIMETABLE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00-6.45AM HIIT UP	6.00-6.45AM LIFT	6.00-6.45AM SALTY SESSIONS	6.00-6.45AM LIFT	6.00-6.45AM HIIT UP	7.00-7.45AM HIIT UP
			7.00-7.45AM PILATES	7.00-7.45AM PILATES	
8.15-9.15AM LLLS		8.15-9.15AM LLLS		8.15-9.15AM LLLS	8.30-9.15AM RUMBLE
9.15-10.00AM RUMBLE	9.15 -10.00AM CIRCUIT	9.15-10.00AM RUMBLE	9.15 -10.00AM CIRCUIT	9.15-10.00AM HIIT UP	
5.45-6.30PM HIIT UP	5.45-6.30PM LIFT	5.45-6.30PM HIIT UP	5.45-6.30PM LIFT		
	6.00-6.45PM PILATES	6.00-6.45PM PILATES			

7.30-10.00AM TUESDAY & THURSDAY
WHAT IS SUPERVISED TRAINING?
This is the perfect time for beginners or people who would like some assistance to ask a floating coach for assistance and confirmation to ensure they are performing movement technique correctly

CASUAL OPTIONS

GROUP FITNESS CLASSES & PILATES

	SINGLE	10 PACK	SAVE
NORMAL	$16	$140	$20
CON/STU	$14	$120	$20
MEMBER	$9	$80	$10

Terms of use

- 12 months to use
- can use for any group fitness class & Pilates
- can be used for general access to the gym and its associated facilities

MEMBER BENEFITS

A FEW EXTRA WAYS TO SAY THANKYOU

LIFE READY PHYSIO SPEARWOOD

10% OFF

WA SPORTS MASSAGE

10% OFF

SUPPA CLUB SOUPS

15% OFF

SOCIAL CLUB MEMBERSHIP TO COOGEE BEACH SURF LIFE SAVING CLUB

KICKSTARTERS

EFFECTIVE WAYS TO GET A HEADSTART

2 WEEKS MEMBERSHIP

Includes everything a normal membership would; all classes, full gym access & an amazing view.
Want to try it out? How could you not.

INVESTMENT: $16

PERSONALISED PROGRAM SET-UP

Want the perfect start to get your best results? Over these 2 x 45 minute sessions we will discover your movement abilities, create goals, learn how to use the equipment and receive a personalised program to last approximately 6 weeks. Your coach will be your accountability partner and check in on you throughout the 6 weeks to keep you on track, monitor progress and make future plans. .

INVESTMENT: $95 (SAVE: $40)

HEALTH RESET CHECK

Want a kickstart to get your fitness & health up and running? We start with an in depth body composition scan with our purpose built scanner which will give us a one of a kind insight into your physical presentation and baseline measures. From here we will discuss your results, any history you may have prior and make a plan of attack to reach your goals as sustainably as possible. .

COMING END OF JANUARY 2020

PERSONAL TRAINING

SINGLE & TRAINING BLOCKS

NOTE: NUMBER ON RIGHT IS SENIOR EX PHYS RATE

	SINGLE	10 PACK	SAVE
30 MINS	$53/$63	$477/$569	$53/$63
45 MINS	$68/$78	$612/$702	$68/$78
60 MINS	$78/$88	$702/$792	$78/$88

Reach Your Goals Faster

- lock in your personal training time slot with your coach and it's yours for the duration of your training program
- have the perfect accountability partner

Bonuses

- half priced body composition scans (coming soon)
- if doing 3 sessions per week; gym membership is included free

LLLS (COTA)

LIVING LONGER LIVING STRONGER (OVER 50S)

INITIAL CONSULT $85

CLASSES $9

WHAT'S INVOLVED?

Following a 60 minute consultation with your Exercise Physiologist to go over your clinical history, create goals required for healthy ageing and get to know each other. You will have your own personal program, feel safe to use all equipment and be on your way to continue living a healthy life. Plus you will be eligible to jump into our amazing classes.

LLLS M/SHIP

PAY UP FRONT OPTIONS & DIRECT DEBIT

	3 MNTH	6 MNTH	12 MNTH
UP-FRONT	$250	$362 SAVE 10%	$683 SAVE 15%
DIRECT DEBIT		$15.45 P/W	

WEEKLY PRICE STATED
INCLUDES ALL LIVING LONGER LIVING STRONGER CLASSES IN PRICE
+77C PER DEBIT CHARGE
CHOOSE F/NIGHTLY OR 4 WEEKL CYCLE
GYM ACCESS CARD IS $20 AS A DEPOSIT & IS REFUNDED UPON RETURN