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
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# LIFT

WEIGHTS // KETTLES
PLATES // ROPES

# HIIT UP

BODYWEIGHT // HIIT
INTERVALS // CORE

# RUMBLE

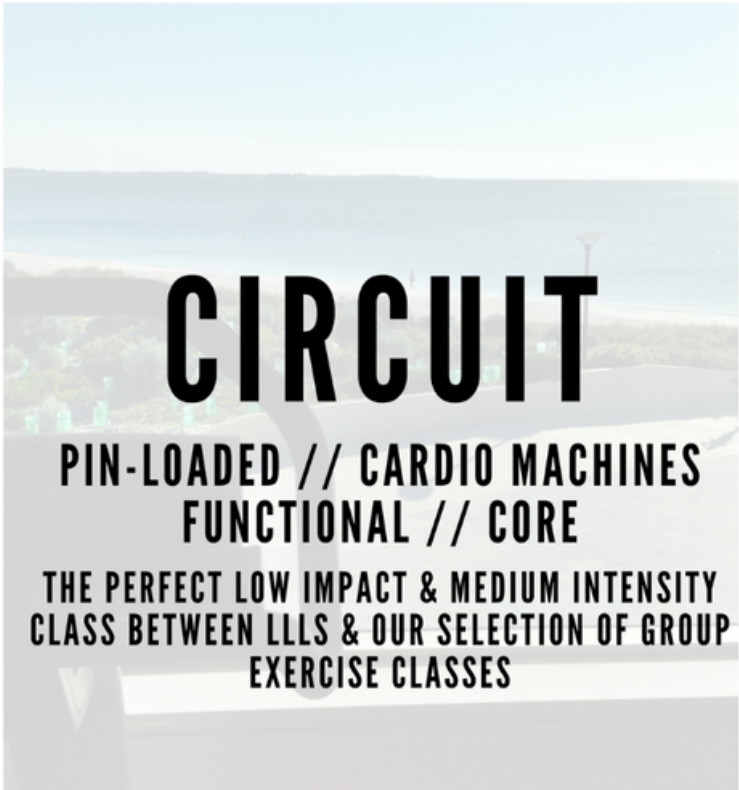
BOXING // CIRCUIT
BODYWEIGHT // HIIT

# 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<br>HIIT UP | 6.00-6.45AM<br>LIFT | 6.00-6.45AM<br>SALTY SESSIONS | 6.00-6.45AM<br>LIFT | 6.00-6.45AM<br>HIIT UP | 7.00-7.45AM<br>HIIT UP |
| | | | 7.00-7.45AM<br>PILATES | 7.00-7.45AM<br>PILATES | |
| 8.15-9.15AM<br>LLLS | | 8.15-9.15AM<br>LLLS | | 8.15-9.15AM<br>LLLS | 8.30-9.15AM<br>RUMBLE |
| 9.15-10.00AM<br>RUMBLE | 9.15 -10.00AM<br>CIRCUIT | 9.15-10.00AM<br>RUMBLE | 9.15 -10.00AM<br>CIRCUIT | 9.15-10.00AM<br>HIIT UP | |
| 5.45-6.30PM<br>HIIT UP | 5.45-6.30PM<br>LIFT | 5.45-6.30PM<br>HIIT UP | 5.45-6.30PM<br>LIFT | | |
| | 6.00-6.45PM<br>PILATES | 6.00-6.45PM<br>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

# 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

# CASUAL OPTIONS

## GROUP FITNESS CLASSES & PILATES

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

# 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 (30 MINS)

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. .

**INVESTMENT: $45**

# PERSONAL TRAINING

SINGLE & TRAINING BLOCKS

NOTE: NUMBER ON RIGHT IS SENIOR EX PHYS RATE

| | SINGLE | 10 PACK (PAY FOR 9) |
|---|---|---|
| 30 MINS | $53/$63 | $477/$569 |
| 45 MINS | $68/$78 | $612/$702 |
| 60 MINS | $78/$88 | $702/$792 |

**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<br>SAVE 10% | $683<br>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