



**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](http://WWW.COOGEEBEACHFITNESSCLUB.COM.AU)**

# GYM MEMBERSHIPS

DIRECT DEBIT OPTIONS

**NORMAL**

**\$17.45** P/W

**CON/STU**

**\$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





# 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)

SPECIAL SUMMER CLASS



# SALTY SESSIONS

BEACH // BODYWEIGHT  
HIIT // CORE



# 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**

8.30-9.15AM

**RUMBLE**

9.15-10.00AM

**RUMBLE**

9.15-10.00AM

**RUMBLE**

9.15-10.00AM

**HIIT UP**

5.45-6.30PM

**HIIT UP**

5.45-6.30PM

**LIFT**

5.45-6.30PM

**LIFT**

6.00-6.45PM

**PILATES**

6.00-6.45PM

**PILATES**

**TIME  
TABLE  
2020**

# CASUAL OPTIONS

GROUP FITNESS CLASSES & PILATES

**SINGLE**

**10 PACK**

**SAVE**

**NORMAL**

**\$16**

**\$130**

**\$30**

**CON/STU**

**\$13**

**\$110**

**\$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

**SINGLE**

**10 PACK**

**SAVE**

**30 MINS**

**\$53**

**\$477**

**\$53**

**45 MINS**

**\$68**

**\$612**

**\$68**

**60 MINS**

**\$78**

**\$702**

**\$78**

## **Smash 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**

## 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.

**CLASSES  
\$9**

## LLLS M/SHIP

PAY UP FRONT OPTIONS & DIRECT DEBIT

**3 MNTH**

**6 MNTH**

**12 MNTH**

**UP-FRONT \$250**

**\$362**

**\$683**

**SAVE 10%**

**SAVE 15%**

**DIRECT DEBIT**

**\$15.45 P/W**

WEEKLY PRICE STATED

INCLUDES ALL LIVING LONGER LIVING STRONGER CLASSES IN PRICE

+77¢ PER DEBIT CHARGE

CHOOSE F/NIGHTLY OR 4 WEEKLY CYCLE

GYM ACCESS CARD IS \$20 AS A DEPOSIT & IS REFUNDED UPON RETURN