

membership and fees

Memberships

- Gym use only, \$15 per week. Unlimited access.
- Multi-use, \$25 per week. A multi-option membership to best suit you.
- Full use, \$30 per week. Unlimited Classes, includes full gym access.
- Family options available.

Pay-as-you-go

- Gym use or Class, \$15 per session.

10-Class-Pass Pack \$130.

Gym Program* \$50.

Completely personalised gym program developed to get you results for any fitness goals.

Introductory Session \$75, a great way to get started.

Includes fitness testing and postural assessment, personalised gym program and 45min personal training session.

Starter Pack \$125, a more personalised introduction to exercise.

Includes a 45min Introduction Session and 2 x 30min personal training sessions.

Personal Training

- 30 min session, \$40.
- 45 min session, \$55.
- 60 min session, \$70.
- Personal Training packages available.

Contact

CALL 07 5442 1911 or 0422 204 562

EMAIL info@thelocalgym.com.au | WEBSITE thelocalgym.com.au



timetable

**Contact Nathan
for more details**

PHONE 07 5442 1911

EMAIL info@thelocalgym.com.au

Gym Hours

Monday – Thursday 6am – 10am & 2pm – 7.30pm

Friday 6am – 10am & 2pm – 6.30pm

Saturday 7am – 10am **Sunday** Closed

Class timetable

| TIME | MON | TUE | WED | THU | FRI | SAT |
|---------|---------------|----------------|----------------|---------------|----------------|---------------|
| 6.00 AM | Complete Body | HIIT | Complete Body | Core + | Complete body* | |
| 7.30 AM | | | | | | Complete body |
| 9.00 AM | Boxing* | | Complete Body* | | HIIT | |
| 4.30 PM | | Complete Body | | Boxing | | |
| 5.30 PM | HIIT | Complete body* | Boxing | Complete Body | | |

The fun & easy way to get a great body!

Class duration: 45 mins, mats, towels & water supplied

Complete Body – Our most popular class is a full body routine that guarantees an ultimate workout. With a different focus in each class you will be sure to get a massive variety in training styles and exercises. No two classes are the same!

HIIT – High Intensity Interval Training is a quick and explosive class that will push you each and every session.

Core+ – Working essential core muscles to give your body the solid foundations it needs and assist with preventing injury. Combined with stretching, the benefits are endless.

Boxing – High energy, fun, social class which is great to set you up for the day or for punching away the day's frustrations.

**Classes suitable for beginners*

All classes are tailored to suit and challenge all abilities in a fun environment.