



Our gym offers a range of morning classes Monday-Friday.

Monday	Tuesday	Wednesday	Thursday	Friday
Circuit Training	Beginner Yoga	Circuit Training	Yoga	Circuit Training
06:00-06:45	06:00-06:45	06:00-06:45	06:00-06:45	06:00-06:45
Floorwork	Yoga	Mobility Flow	Beginner Yoga	Joint Repair
07:00-07:45	07:00-07:45	07:00-07:45	07:00-07:45	07:00-07:45

Circuit Training- A high intensity workout designated to use all major muscle groups for a total body workout.

Mobility Flow – Building strength through range. Classes aim to work towards front or middle splits.

Floorwork – Pilates/yoga fusion workout to burn, sweat and stretch!

Yoga – A 45-minute yoga class, Namaste.

Joint repair – A low intensity class designed to improve the health of your joints!

Class Pricing:

Gym Members	\$0
Club members	\$10
Non-Members	\$20

We also offer a range of personal training sessions.

Personal Training

Session Type	Member Cost	Non-Member Cost
Single 30min*	\$50	\$60
Single 45min*	\$70	\$80
Single 60min*	\$90	\$100
Single 2on1 45min*	\$90	\$100

*If a 10 pack is purchased the cost is reduced by 5%

For more information please contact our Gym Coordinator Matt via:

Email: gym@cityofperthslsc.com.au

Phone: (08) 6183 3843

T 08 6183 3843

E reception@cityofperthslsc.com.au

W www.cityofperthslsc.com.au

181-183 Challenger Parade, City Beach

Gym Membership Pricing Guide

Our most popular membership is the community membership. This provides full access to our classes, member prices on PT and Massage as well as unlimited gym access. We have a 3-month minimum commitment on our direct debit option.

Community Member	Membership Cost
2 Weeks Upfront payment	\$45
1 Month Upfront payment	\$85
Direct debit (monthly)	\$75
3 Months Upfront payment	\$225
6 Months Upfront payment	\$420
12 Months Upfront payment	\$795

Student membership: Our student membership is available for full time university students currently enrolled in 3 or more units per semester. We require a confirmation of enrolment for this membership.

FIFO: FIFO memberships are available please enquire at reception.

Concession: Our concession membership is available for seniors who have been issued an Aus government “Health Care Card” or a “Pensioner Concession Card” We have examples of these card provided.

Student / Concession / FIFO	Membership Cost
Direct debit (monthly)	\$60
3 Months Upfront payment	\$170
6 Months Upfront payment	\$325
12 Months Upfront payment	\$600

Upon joining you will be issued an RDIF band which will grant you access to our gym from 5am – 9pm every day of the year. If this band breaks, we are happy to issue you a new one! If your band is lost it is \$20 for a replacement.

Memberships can be placed on hold. The price for this is \$20 per 30 day hold. If a hold is for longer than 30 days, two holds will need to be purchased.

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