

Memberships

12mth Direct Debit from \$11.00 per week!

Gym Direct Debit - \$44.00 Per Mth or
\$22.00 f/n

Club Direct Debit - \$57.00 Per Mth or
\$28.50 f/n

****Minimum 12 Month Term****

Pre-paid Memberships

Gym 1Mth 3 Mths 6 Mths 12 Mths
\$75 \$182.50 \$320 \$490

(gym membership includes cardio area)

Club 1 Mth 3 Mths 6 Mths 12 Mths
\$93.50 \$230 \$395 \$640

(Includes all services, except Personal Training,
Vibration, Weight Management & Solarium)

Family discount 10% off 12mths m/ship, 7% off all other member-
ships when joining at the same time, (Couples or parent depend-
ant child only) Direct Debit not included.

Casual Visit \$11

Concession \$9.50 (Senior and Student
Card holders only)

Casual Sauna visit \$7.00

Solarium

Single visit \$11

10 visit pass \$100

Personal Training

Single Session \$50 (1 hour)

6 Visit Pass \$265 (6 x 1 hour)

Ask about our group PT sessions at reception

So Fit Choose Life Weight Management

6 Weight Management Consults \$90

6 Consults + 6 Personal Training \$300

Golden Jubilees Circuit \$6

(Senior Card Holders only, \$10 casual rates apply
for non-card holders)

Vibration Training

Casual \$10

10 visit pass \$90

Club members 40% discount \$54 -10 visits

“Get Fit, Stay Fit, at So Fit Gawler!”

SO FIT GAWLER FITNESS ADDS LIFE!

Membership cards must be produced on
entry to the centre.

Memberships are not refundable and are
transferable only at the discretion of the
management

Promotion and **Visit Cards** cannot be
placed on hold

Patrons are required to conduct
themselves in an orderly manner. Patrons
who fail to do so will be asked to leave.

Footwear and correct attire must be worn
in the Centre at all times with the
exception of stretch/fit-core/belly dancing
classes

Members are required to use a **clean**
towel to lie on when using equipment
(including mats) at all times

So Fit Management and Staff do not accept
responsibility for any injuries sustained on
the premises.

So Fit does not accept responsibility for
loss of property from the centre.

Children under 14 must be accompanied by
an adult.

Children left in the reception area must be
supervised by their parents at all times.

Cancellation of Personal Training requires
24hrs notice to prevent loss of the session.

SO FIT GAWLER FITNESS ADDS LIFE!

No Joining Fees

Gym
Cardio studio
Personal Training
Hydraulic Circuit
So Fit Choose Life (Weight Management)
Sandra Cabot Quick Loss Centre
Vibration Training
Spin
Pump & Grind
Fit-Core
Fit-Box
Aerobics
Step Reebok
Power Bar
Fit-Ball
Body & Mind
Golden Jubilees (50's+) Circuit
Kids fitness, Fit-Kids
Sports training
Solarium
Sauna
ZUMBA is here!



Hours

Mon & Wed 6.30am—8.00pm

Tues & Thurs 9.00am-8.00pm

Fri 6.30am 7.30pm

Sat 9.00am—12pm

Closed Sunday and Public Holidays

Session Information

Timetable from Wed 4/8/10

Hydraulic Circuit

For all fitness levels, a full muscle conditioning and cardio workout. Enjoy freestyle variety! (45mins)

Spin

A furiously fat-burning class performed on stationary bikes set to adrenaline pumping music. (1 hr)

Pump & Grind

A combination of Power Bar and Spin, Total body workout. Exhilarating hybrid class. (1 Hour)

Golden Jubilees (50's+) Circuit

A 50's plus class to regain strength, flexibility, aerobic fitness, and assist bone density. (45mins)

Power Bar

Strengthen muscle and bone with resistance to rhythm! Using free weights for tone, shape & endurance. (1 Hour)

Step Reebok

A high intensity/low impact fun step workout focusing on aerobic fitness and muscle toning. (45mins)

T.T.B

Tummies, Thighs and Bottoms! A low impact class concentrating on thighs, tummy and buttocks. (45mins)

Fit-Core

Will challenge your strength & flexibility. Core stability & strength is crucial to fitness. A class for everyone using Pilates techniques. (45mins)

Fit-Box

A High intensity cardio vascular, furiously fat burning workout using authentic boxing training techniques with an accredited boxing coach. (1 hr)

Fit-Kids!

A fun class for boys & girls of all fitness levels. Effective exercise with an accredited instructor in a safe, friendly environment. Ages 8 and up. (45 mins) Bookings essential.

Vibration Training

Training on a vibration plate, amazing results in short 20 min sessions

Zumba

Red hot dance steps, Latin rhythms & easy to follow routines. Come join the party and shake the weight off to the exotic moves of Salsa, Hip Hop & more!

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6.45 am			Power Bar Jodie				
7.00 am	Circuit Kylie				Circuit Mandy		
9.15 am	Circuit Theresa	Circuit Di	Zumba Julie	Circuit Di	Circuit Lynne		C
9.30 am						Circuit Julie	L
10.00 am	Step Julie	Fit-Core Di	Power Bar Julie	Fit-Core Di	Step Lynne		O
10.00 am		Spin Julie	Spin Mandy				S
10.30.am						Pump & Grind Julie	
10.45 am	Golden Jubilees Theresa				Golden Jubilees Theresa		E
4.00 pm							D
5.30pm	Power Bar Jodie	T.T.B Lynne	Step Julie	Power Bar Sally			
6.00 pm	Spin Sally						
6.15 pm		Circuit Mandy	Zumba Julie		Circuit Mandy		
6.30 pm	Zumba Julie		Spin Mandy	Circuit Sally			
7.00 pm		Fit BOX Thump Mandy					

DO YOU HAVE ANY INJURIES? Your instructor will ask at the start of the class if anyone has any injuries. Please let us know of any past or present injuries. This way we can give you an alternative exercise to do.

Please remember to bring your own water bottle and towel.

SO FIT CHOOSE LIFE (Nutrition & Weight Management) and Sandra Cabot Quick Loss Centre. Nutrition & physical training consultations, realistic goal setting & achievement. So Fit Choose Life

**Look Great—Feel Great
SOLARIUM AND SAUNA**

Please ask at reception for details, bookings are essential

SO FIT GAWLER 3 Whitelaw Terrace, Gawler 5118, Phone (08) 85 222 555 Fax (08) 85 222 956

Email sofitgawler@bigpond.com Website www.sofitgawler.com

GROUP SESSIONS AVAILABLE BY APPOINTMENT