

## Memberships

### 12mth Direct Debit from \$11.50 per week!

Gym Direct Debit - \$23.00 f/n

Club Direct Debit - \$29.50 f/n

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

### Pre-paid Memberships

|            |             |               |               |                |
|------------|-------------|---------------|---------------|----------------|
| <b>Gym</b> | <b>1Mth</b> | <b>3 Mths</b> | <b>6 Mths</b> | <b>12 Mths</b> |
|            | <b>\$79</b> | <b>\$192</b>  | <b>\$335</b>  | <b>\$515</b>   |

(gym membership includes cardio area)

|             |              |               |               |                |
|-------------|--------------|---------------|---------------|----------------|
| <b>Club</b> | <b>1 Mth</b> | <b>3 Mths</b> | <b>6 Mths</b> | <b>12 Mths</b> |
|             | <b>\$98</b>  | <b>\$240</b>  | <b>\$415</b>  | <b>\$670</b>   |

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

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

### Casual Visit \$12

**Concession \$10.50 (Senior and Student Card holders only)**

**Casual Sauna visit \$7.00**

### 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 \$7

(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 – Ever!*

Gym  
Cardio studio  
Personal Training  
Hydraulic Circuit  
So Fit Choose Life (Weight Management)  
Sandra Cabot Quick Loss Centre  
Vibration Training  
Zumba  
Bam Boom  
Spin  
Pump & Grind  
Fit-Core  
Fit-Box  
Aerobics  
Step  
Power Bar  
Pilates  
Boot Camp  
Kids fitness, Fit-Kids  
Sports training  
Sauna



### 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 Mon 22/8/11

## Hydraulic Circuit

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

### Boot Camp

High intensity cardio vascular & muscle conditioning workout, inside & outside, weather permitting (1hr, bootcamp X 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)

### Power Bar

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

### Step

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. (1hr)

### 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

### Bam Boom

Funky dance steps and easy to follow moves set to you fav dance and club hits

### 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! Plus all you fav Zumba moves to the latest Club Hits

| TIME     | MON             | TUES          | WED                | THURS         | FRI             | SAT                | SUN |
|----------|-----------------|---------------|--------------------|---------------|-----------------|--------------------|-----|
| 6.30 am  | Bootcamp x      |               | Bootcamp x         |               |                 |                    |     |
| 7.00 am  |                 |               |                    |               |                 |                    |     |
| 9.15 am  | Step Julie      | Circuit Di    | Zumba Stacey       | Circuit Di    | Circuit Lynne   |                    | C   |
| 9.30 am  |                 |               |                    |               |                 | Circuit Julie      | L   |
| 10.00 am | Zumba Julie     | Fit-Core Di   | Power Bar Julie    | Fit-Core Di   | Bam Boom Julie  |                    | O   |
| 10.00 am |                 | Spin Julie    | Spin Mandy         |               |                 |                    | S   |
| 10.30.am |                 |               |                    |               |                 | Pump & Grind Julie |     |
| 5.30pm   | Power Bar Jodie | T.T.B Lynne   |                    | Fit-Box Mandy |                 |                    | D   |
| 5.45 pm  |                 |               | Pump & Grind Jodie |               |                 |                    |     |
| 6.00 pm  |                 |               |                    |               | Boot camp Mandy |                    |     |
| 6.15 pm  | Spin Sally      | Circuit Julie |                    |               |                 |                    |     |
| 6.30 pm  | Zumba Stacey    |               |                    | Circuit Sally |                 |                    |     |
| 6.45 pm  |                 |               | Fit-Box 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**

**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](mailto:sofitgawler@bigpond.com) Website [www.sofitgawler.com](http://www.sofitgawler.com)**

**PLEASE NOTE INSTRUCTORS AND CLASSES MAY CHANGE AT ANY TIME.**