

fitnesslocal



feel great



Fitness Local provides a relaxed and non-intimidating environment for people of all fitness levels to achieve their personal health and fitness goals.

We offer a range of health and fitness programs that are tailored to meet your individual requirements.

**FREE
GRECHE**

fitness local bardwell park

Open 7 Days • Ph: 02 9 335 9900
EBP RSL, Hartill-Law Ave, Bardwell Park NSW 2207
bardwellpark@fitnesslocal.com.au • f @ebpfitness

fitness local dulwich hill

Open 7 Days • Ph: 02 9568 4301
Lvl 1, 475 Marrickville Rd, Dulwich Hill NSW 2203
f @FitnessLocalDulwichHill • dulwichhill@fitnesslocal.com.au

FITNESSLOCAL.COM.AU • RECIPROCAL USE TO BOTH FACILITIES

PERSONAL TRAINING PACKAGES

PLATINUM COMPLETE PT PACKAGE

DIRECT DEBIT

- Unlimited health club access
- 2 x One hour Personal Training sessions/week
- Unlimited Group Training sessions*
- Personalised Fitness Review and Program

\$180/week

Upfront payment options available

PLATINUM RESULTS PT PACKAGE

- Unlimited health club access
- 2 x 45min Personal Training sessions/week
- Unlimited Group Training sessions*
- Personalised Fitness Review and Program

\$140/week

Upfront payment options available

PLATINUM EXPRESS PT PACKAGE

- Unlimited health club access
- 2 x Half hour Personal Training sessions/week
- Unlimited Group Training sessions*
- Personalised Fitness Review and Program

\$100/week

Upfront payment options available

GOLD COMPLETE PT PACKAGE

- Unlimited health club access
- 1 x One hour Personal Training session/week
- Unlimited Group Training sessions*
- Personalised Fitness Review and Program

\$90/week

Upfront payment options available

GOLD RESULTS PT PACKAGE

- Unlimited health club access
- 1 x 45min Personal Training session/week
- Unlimited Group Training sessions*
- Personalised Fitness Review and Program

\$70/week

Upfront payment options available

GOLD EXPRESS PT PACKAGE

- Unlimited health club access
- 1 x Half hour Personal Training session/week
- Personalised Fitness Review and Program

\$55/week

Upfront payment options available

* does not include courses [eg. Pilates]

GROUP PERSONAL TRAINING SESSIONS

2 persons	70% of individual Personal Training Package charge per person
3 persons	55% of Individual Personal Training Package charge per person
4 persons	45% of Individual Personal Training Package charge per person

MATES RATES!

refer a friend and save!

SAVE UP TO 50% ON YOUR MEMBERSHIP BY REFERRING FRIENDS!

• LIFETIME LOYALTY PROGRAM •

MEMBERSHIP OPTIONS

• WEEKLY DIRECT DEBIT OPTIONS •

18 Month Membership \$11.40/week

12 Month Membership \$13.50/week

6 Month Membership \$14.40/week

3 Month Membership \$15.40/week

Be Free No Contract Term \$17.40/week

Seniors and Veterans \$9.95/week

• UPFRONT MEMBERSHIP OPTIONS •

12 Month Membership \$599

6 Month Membership \$399

3 Month Membership \$229

CASUAL GYM CLASS \$15

Joining Fee \$80. Includes Personalised Exercise Program, Personal Training Session, Membership Tag and 3 day Guest Pass.

Private Health Rebates may apply



Fitness Australia
THE HEALTH & FITNESS INDUSTRY ASSOCIATION

BARDWELL PARK MEMBERS HOURS:

Monday - Sunday:
5.30am - 12am

**FREE
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BARDWELL PARK STAFFED HOURS:

Mon / Wed: 5.30am - 12pm
Tue / Thur / Fri: 8am - 12pm
Mon / Tue / Wed: 3pm - 9pm
Thur: 3pm - 7pm • Sat: 8am - 12pm

DULWICH HILL MEMBERS HOURS:

Monday - Sunday:
5am - 11pm

DULWICH HILL STAFFED HOURS:

Mon - Fri: 8.30am - 11.30am
Mon - Thur: 4pm - 8pm
Sat: 8.30am - 12.30pm



BENEFITS OF PERSONAL TRAINING

1. Fast track your results
2. Exercise and diet advice
3. Take the guess work out of training
4. Set and achieve your goals
5. Safe and appropriate training
6. Tailor made program
7. Motivation and accountability



BENEFITS OF GROUP TRAINING

Whether you join in a class in a gym or an outdoor bootcamp, there are many benefits to exercising with a group. Let our motivating instructors encourage you to push your personal boundaries and challenge your fitness levels while receiving proper instruction and fun along the way!

You'll laugh, you'll sweat, you'll work hard and in no time you'll be finished and feeling ready to face the world. Whether it's a heavy-duty bootcamp, pilates or boxing, it's definitely more fun when you work out in a group.

CHRONIC PROGRAMS

DO YOU SUFFER FROM:

- Type 2 Diabetes
- High Blood Pressure
- Asthma
- Cancer
- Cardiovascular Illness
- Musculoskeletal Conditions

Up to 5 FREE one-on-one sessions!

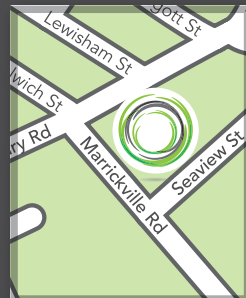
Work with an Exercise Physiologist who can assist you in the long term management of these conditions. We provide you with an exercise based program that will help you achieve your goals and help reduce symptoms.



NO COST
- fully subsidised by Medicare

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