

## FITNESS PRICE LIST 2010 / 2011

FITNESS	
Casual Fitness - Adult - (1 class visit & 1 swim or 1 cardio / weights room visit & 1 swim)	17.90
Casual Fitness - Current full-time Student - (1 class visit & 1 swim or 1 cardio / weights room visit & 1 swim)	12.50
Casual Fitness - Seniors/Pensioner - (1 class visit & 1 swim or 1 cardio / weights room visit & 1 swim)	7.80
Casual Fitness - Concession Rate for LTS/Squad Pass Holders / Upgrade fee (for off-peak members in peak times or casual fitness visitor for 2nd class on same day) - (1 class visit & 1 swim or 1 cardio / weights room visit & 1 swim)	12.50
Fitness 10 visit pass or Specialist fitness programs ( Pilates, Basic Training, etc based on 10 week programs or pro-rata for shorter programs) - Adult	162.00
Fitness 10 visit pass - Current full-time Student /GP Referral Non-Concession/Corporate/LTS & Squad pass holders/ Basic Training	113.00
Fitness 10 visit pass or Specialist fitness programs ( Pilates, Basic Training, etc based on 10 week programs or pro-rata for shorter programs) - Senior / Pensioner	71.00
GP Referral (assessment consultation and 10 visit fitness pass)	95.00
GP Referral PAYG (Senior/Concession)	3.00
GP Referral lifestyle Modification program—Govt Subsidy	232.70
GP Referral lifestyle Modification Program—Consultation	50.00
MEMBERSHIPS	
<i>Membership includes, All group fitness classes, gym, cardio, swimming/steam room/spa. Memberships over 3 months include fitness test &amp; program (Retests Quarterly if required). Excludes: Swim School, Squad, Volleyball, Waterpolo &amp; Schools. All memberships are subject to approval of Pre-Exercise Questionnaire. (16 years - weights, cardio, pump, boxing, all fitness memberships - Conditions apply).</i>	
<i>Off Peak Rates -Monday to Sunday 10.00am - 4.00pm only (outside these times, upgrade fees apply)</i>	
3 Month Fitness Membership - Adult	420.00
3 Month Fitness Membership - Current full-time Student /GP Referral Non-Concession / Rehab provider	338.00
3 Month Membership - Seniors/Pensioner / GP Referral Concession / Off Peak	275.00
12 Month Fitness Membership - Adult	1045.00
12 Month Fitness Membership Renewal Adult	940.00
12 Month Fitness Membership - Current full-time student / GP Referral Non-Concession /additional family Member / Corporate	835.00
12 Month Membership - Off Peak/Seniors/Pensioner / GP Referral Concession	680.00
Fitness Test or Program	103.00
Consultation Re-test and Program (Members)	64.00
Consultation—GP referral PAYG	65.00
<u>Corporate/000 Rates /Rehab. Provider</u>	
12 Month Membership	835.00
Reciprocal Usage Fee	
Allows 12 month members only to use all centres	98.00

FITNESS PRICE LIST 2010 / 2011 continued	
<b><u>Ezy Pay (All ezipay memberships are 12 month memberships)</u></b>	
Initial Start Up - Admin fee (plus 2 monthly payments in advance) - <i>new members only</i>	103.00
Monthly fee for suspension of ezipay membership or failed payment	16.50
Fitness Membership - Per month - Adult	87.00
Fitness Membership - Per month - Adult on loyalty program (discount after 12 mths continual m'ship / <i>LTS / Squad holders / member renewals</i> )	78.00
Fitness Membership - Per month - Current full-time student & additional immediate family member / GP Referral non-concession	70.00
Fitness Membership - Per month - Seniors/Pensioner/Off Peak / GP referral concession	57.00
Fitness Membership - Per month - Corporate	70.00
Council Employees Payroll Deductions (weekly)	15.30
Customised Group Training session - includes 1 instructor (max group size of 18. Additional participants may be added and fees will be charged on a pro rata basis). Additional charges will apply for programs requiring additional instructors.	155.00
General Group Training session - existing timetabled class (minimum session size of 10 adults), per adult	12.70
General Group Training session - existing timetabled class (minimum session size of 10 students), per student	9.50
<b>Personal Training - Members</b>	
Members 1 hour session	64.00
Prepaid 5 x 1 hour sessions 5%	300.00
Prepaid 10 x 1 hour sessions 10%	570.00
<i>Group 1 hour session</i>	
2 members	84.00
Members 1/2 hour session	38.00
Prepaid 5 x 1/2 hour sessions 5%	180.00
Prepaid 10 x 1/2 hour sessions 10%	340.00
<i>Group 1/2 hour session</i>	
2 members	52.00
<b>Personal Training - Non Members</b>	
Non Members 1 hour session	74.00
Prepaid 5 x 1 hour sessions 5%	350.00
Prepaid 10 x 1 hour sessions 10%	660.00
<i>Group 1 hour session</i>	
2 non-members	98.00
Non-Members 1/2 hour session	44.00
Prepaid 5 x 1/2 hour sessions 5%	205.00
Prepaid 10 x 1/2 hour sessions 10%	395.00
<i>Group 1/2 hour session</i>	
2 non-members	58.00

Sutherland Leisure Centre, Rawson Avenue, Sutherland NSW 2232 Ph: 8536 9777

Fax: 8536 9733

Opening Hours: Mon-Fri 5:00am-9:00pm Sat 5:30am-7:00pm Sun 7:00am-7:00pm CLOSED Good Friday & Christmas Day  
Public Holidays : Hours will vary -check website or at centre prior to public holidays for opening times

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