



solutions4wellbeing.com.au
Leaders in Health Care and Fitness

Solutions For Wellbeing Fitness Studio

Get the most out of life with tailored fitness solutions for a healthier, stronger, more comfortable you.

WHY CHOOSE SOLUTIONS FOR WELLBEING?

- ✓ Personalised attention in a small group setting
- ✓ Dedicated fitness professionals on hand to help you get the most out of your fitness program
- ✓ Huge variety of classes and open sessions to suit your personal preferences
- ✓ Accredited with Fitness Australia which maximises rebates for gym membership
- ✓ Classes taught by exercise physiologists are claimable through health funds (check with your provider)

Initial consultation and coaching session

All fitness studio members have an initial 1 hour consultation with one of our fitness studio team.

Your consultation includes a tailored program designed to help you achieve your health and fitness goals. The consultation also includes:

- a health and fitness assessment to ensure injuries and other challenges are understood
- a full introduction to the fitness studio
- instruction on the correct techniques to keep you safe and get the most out of your workouts, and
- an explanation of our timetable and which classes would be most beneficial to you.

Cost: \$95
(claimable on the spot through most health funds)

MEMBER OPTIONS:

Direct Debit:
\$59 per fortnight

Full use of fitness studio and all classes including Pilates.

Just **\$4.90** per day

12 Week Package:
\$349

Full use of fitness studio and all classes including Pilates.

Just **\$4.85** per day

12 Month Package:
\$1259

Full use of fitness studio and all classes including Pilates.

Just **\$4.03** per day

OTHER OPTIONS:

	Quantity	Cost
Casual	1	\$20
10 Visit Pass	10	\$170/\$140
Personal Training (30 minute session)	5	\$270
	10	\$495
Personal Training (60 minute session)	5	\$370
	10	\$595

Terms & Conditions: Direct Debit payments can be cancelled at any time. Package options are paid upfront and are non-refundable. Direct Debit and 12 month packages can be suspended in fortnightly intervals for up to 8 weeks per year. There are no suspensions on the 12 week package (medical grounds excepted with a medical certificate). 2 weeks notice is required for all suspensions and cancellations and a \$10 administration fee is payable. All other fitness studio options are non-refundable. Please see membership form for full terms and conditions.

18/106 Terralong St, Kiama (Above Red Rooster)
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Physio, Osteopaths, Massage and Dietitian, Exercise Physiology with fully equipped Pilates and Exercise Studio.

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