

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

Fitness Local Mortlake provides innovative and sustainable exercise programs for all types of people. We understand exercise programs, injury rehabilitation, diabetes and chronic care programs. Our programs are effectively structured, monitored, safely progressed and developed inline with the patients' needs and goals.

Our Exercise Physiologists (EP) specialise in the delivery of clinical exercise and lifestyle programs, aimed at preventing and managing lifestyle diseases. EP's can assist in improving the quality of life for people with medical issues. We also work with local GPs and can be referred patients on both DVA and EPC schemes. Check with your GP to see if you qualify.

We know with continued research that physical activity works in a similar manner to medicine and is beneficial in the management of a variety of conditions such as: Diabetes & pre-diabetes, Heart disease, Hypertension, Obesity, Osteoarthritis, Osteoporosis, Depression and Chronic Fatigue.

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fitnesslocal 

*real people
real value
real results*



Fitness Local Mortlake 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.

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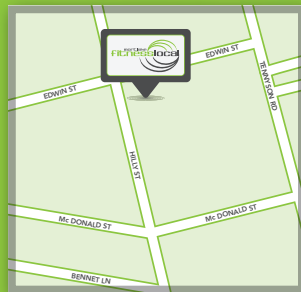
real people • real value • real results

Open 7 Days • Ph: 02 9736 2270

10 Edwin Street,
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PERSONAL TRAINING PACKAGES

PLATINUM COMPLETE PT PACKAGE

DIRECT DEBIT

- Unlimited health club access
- 2 x One hour Personal Training session/week
- Unlimited Group Training sessions*

\$180/week

Upfront payment options available

PLATINUM EXPRESS PT PACKAGE

- Unlimited health club access
- 2 x Half hour Personal Training session/week
- 1 x Group Training Sessions/week

\$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*

\$90/week

Upfront payment options available

GOLD EXPRESS PT PACKAGE

- Unlimited health club access
- 1 x Half hour Personal Training session/week
- Unlimited Group Training sessions*

\$55/week

Upfront payment options available

LIFESTYLE COMPLETE PT PACKAGE

- Unlimited health club access
- 1 x One hour Personal Training session/fortnight
- Unlimited Group Training sessions*

\$55/week

Upfront payment options available

LIFESTYLE EXPRESS PT PACKAGE

- Unlimited health club access
- 1 x Half hour Personal Training session/fortnight
- Unlimited Group Training sessions*

\$32.⁵⁰/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

MEMBERSHIP OPTIONS

• WEEKLY DIRECT DEBIT OPTIONS •

12 MONTH MEMBERSHIP \$13.95/week

BE FREE NO CONTRACT TERM \$15.95/week

• UPFRONT MEMBERSHIP OPTIONS •

12 MONTHS \$599

3 MONTHS \$279

• OFF PEAK MEMBERSHIP OPTIONS •

12 MONTH MEMBERSHIP \$11.95/week (DD)

12 MONTHS \$549 (upfront)

Joining Fee \$80. Includes Personalised Exercise Program, Personal Training session, membership card, towel and 7 day guest pass. All 12 month memberships offer up to 8 weeks free time stop per year.

CASUAL GYM CLASS \$15/class OR 10 FOR \$120

PRIVATE HEALTH REBATES MAY APPLY



CLUB HOURS:

Monday - Friday: 6am - 9pm • Saturday: 8am - 5pm • Sunday: 10am - 4pm

OFF PEAK HOURS:

Monday - Friday: 9am - 3.30pm • Saturday: 12pm - 5pm • Sunday: 10am - 4pm

