

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



bardwell park
fitnesslocal
feel great



fitness local
bardwell park

Open 7 Days
Ph: 02 9335 9900
EBP RSL
Hartill-Law Ave,
Bardwell Park 2213
fitnesslocal.com.au
f @ebpfitness



FREE
CRECHE

fitness local
dulwich hill

Open 7 Days
Ph: 02 9568 4301
Level 1,
475 Marrickville Rd
Dulwich Hill 2203
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f @FitnessLocalDulwichHill



Open 7 days • p 02 9335 9900 • e bardwellpark@fitnesslocal.com.au
w fitnesslocal.com.au • a EBP RSL, Hartill-Law Ave, Bardwell Park NSW 2207

FREE
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RECIPROCAL USE TO FITNESS LOCAL DULWICH HILL

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

\$210/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

\$160/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

\$110/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

\$105/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

\$80/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 \$13.95/week

12 Month Membership \$15.95/week

6 Month Membership \$17.95/week

Be Free No Contract Term \$19.95/week

Seniors and Veterans \$9.95/week

• UPFRONT MEMBERSHIP OPTIONS •

12 Month Membership \$699

6 Month Membership \$399

3 Month Membership \$299

CASUAL GYM CLASS \$20

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

Private Health Rebates may apply



FREE
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