

Sporting Sections Partnership



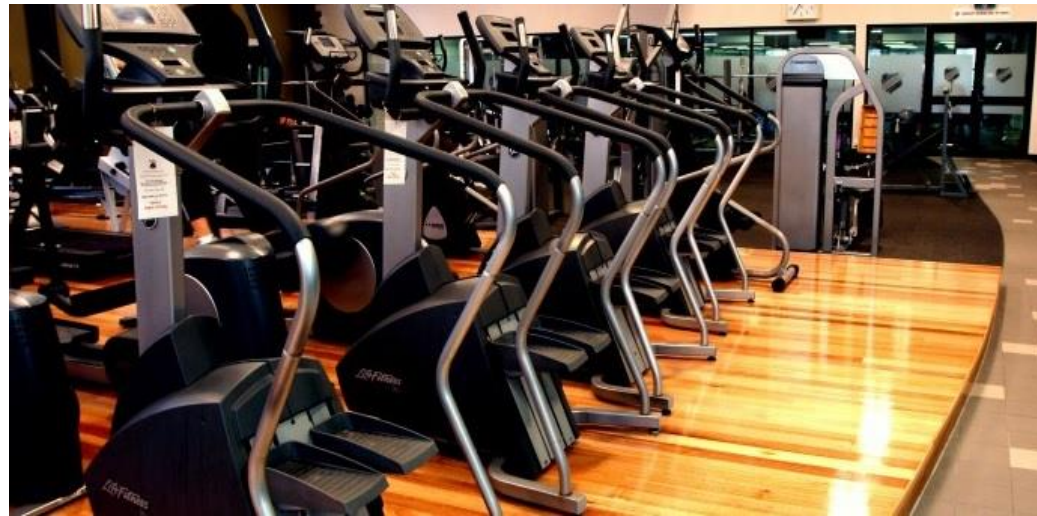
Our Facility - Aquatics

- 25m indoor heated swimming pool
- Spa
- Steam Room



Our Facility – Gym and Group Fitness

- Friendly & pro-active fitness team
- Fully Air Conditioned
- 60 piece "Cardio Zone"
- 100+ Strength Training Machines (Nautilus, Life Fitness & Hammer Strength)
- Free Weights
- 3 Group Exercise Studios with over 90 Fitness Classes per week (cycle, wellness including Pilates and Yoga, group fitness and aquatic classes)



Functional Training Area (Outdoor)

- Strength and Power training
- 45 minute circuit of high intensity workout
- Team based
- Specialised workouts to suit your needs and requirements



How we can help?

- Recovery Sessions
- Pre-season training
- Specialised training sessions, group trainings or individual programs
- Bookings ie) pool or room hire
- Expertise and knowledge (PT's, fitness instructors)
- Access to all amenities



Corporate Rate/Offer

- All club members to receive corporate membership rate until 30 June 2017

