



2017

Inspire ~ Equip ~ Achieve

Open Times

	AM	PM
MONDAY	6:00am - 10:30am /	3:00pm - 5:00pm
TUESDAY		12:30pm - 5:00pm
WEDNESDAY	6:00am - 10:30am	
THURSDAY		12:30pm - 5:00pm
FRIDAY	6:00am - 10:30am /	12:30pm - 5:00pm

Please Note: SHALOM Fitness is a student training facility, therefore, during school hours, on occasion, classes will be using the facility. Every effort will be made to accommodate gym users during these times.

Classes **45 mins: HIIT - BoxFit - Strength Circuit**

MORNINGS:	MONDAY, WEDNESDAY AND FRIDAY	9:00am
AFTERNOONS:	MONDAY, TUESDAY AND THURSDAY	4:00pm

SHALOM Fitness Price List 2017

ADULT PRICES	
Gym/Class Membership	
12 month	\$ 420.00
6 month	\$ 220.00
3 month	\$ 120.00
1 month	\$ 45.00
10 x Pack	
Gym	\$ 70.00
Class	\$ 80.00
Adult Casual Visits	
Gym	\$ 8.00
Class	\$ 10.00
Personalised Programs	
\$ 35.00 Each	
Personal Training	
Contact SHALOM Staff for more information	

STUDENT PRICES	
Gym/Class Membership	
12 month	\$ 260.00
6 month	\$ 160.00
3 month	\$ 90.00
1 month	\$ 35.00
10 x Pack	
Gym	\$ 50.00
Class	\$ 70.00
Student Casual Visits	
Gym	\$ 6.00
Class	\$ 8.00
Personalised Programs	
\$ 30.00 Each	
Personal Training	
Contact SHALOM Staff for more information	

***NCC Staff members will be charged at Student rates.**

Please Note:

Each 3, 6 & 12 month Gym Membership includes a Full Assessment and General Program.

Personalised programs are designed for people who may have injuries, special considerations or would like to achieve their goals faster.

Please speak to a SHALOM Fitness Staff member for more information on General Programs and Personalised Programs.



MAGGIE

Your Friendly Fitness Instructor

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