



2019

Inspire ~ Equip ~ Achieve

Open Times

	AM	PM
MONDAY	6:00am - 10:00am /	12.30pm - 5:00pm
TUESDAY		2.00pm - 5.00pm
WEDNESDAY	6:00am - 10:00am /	12.30pm - 5.00pm
THURSDAY		12:30pm - 5:00pm
FRIDAY	6:00am - 10:00am	

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

MORNINGS:	MONDAY, WEDNESDAY AND FRIDAY	8.30am
AFTERNOONS:	MONDAY, WEDNESDAY AND THURSDAY	4:00pm
	TUESDAY	2:00pm

SHALOM Fitness Price List 2019

ADULT PRICES (p/wk)**		STUDENT/STAFF PRICES (p/wk)**	
Gym/Class Membership		Gym/Class Membership	
Base Gym	\$ 11.00	Base Gym	\$ 8.00
add classes	\$ 16.00	add classes	\$ 11.00
add classes & PT	\$ 48.00	add classes & PT	\$ 34.00
10 x Pack		10 x Pack	
Gym	\$ 100.00	Gym	\$ 70.00
Class	\$ 100.00	Class	\$ 70.00
Adult Casual Visits		Student Casual Visits	
Gym	\$ 15.00	Gym	\$ 11.00
Class	\$ 15.00	Class	\$ 11.00
Personalised Programs		Personalised Programs	
\$ 80.00 Each (incl x2 PT)		\$ 56.00 Each (incl x2 PT)	
Sporting Excellence		Fitness Testing	
Contact SHALOM Staff for more information		Contact SHALOM Staff for more information	

SHALOM, a Hebrew word, is commonly used as a greeting word for peace. However, in several instances in which the word is used in the Bible it means completeness, contentment, soundness, wholeness, health, welfare, safety, prosperity, rest, harmony, safety and tranquility.

May your days be full of SHALOM.



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Your Friendly Fitness Instructor

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