



2023

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, TUESDAY, WEDNESDAY AND THURSDAY	4:00pm

SHALOM Fitness Price List 2023

ADULT PRICES (p/wk)**		STAFF PRICES (p/wk)**	
Gym/Class Membership		Gym/Class Membership	
Base Gym	\$ 12.90	Base Gym	\$ 9.20
add classes	\$ 17.50	add classes	\$ 12.90
add classes & PT	\$ 60.00	add classes & PT	\$ 52.00
10 x Pack		10 x Pack	
Gym	\$ 110.00	Gym	\$ 84.00
Class	\$ 110.00	Class	\$ 84.00
Adult Casual Visits		Student Casual Visits	
Gym	\$ 17.50	Gym	\$ 13.00
Class	\$ 17.50	Class	\$ 13.00
Personalised Programs		Personalised Programs	
\$ 120.00 Each (incl x2 PT)		\$ 75.00 Each (incl x2 PT)	
Athlete Training Available		Fitness Testing Available	

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.

Please ask Staff for 2022 Student and PIA pricing schedule



Kelly and Morgan
Your Friendly Fitness Instructors

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