



## 2026

*Inspire ~ Equip ~ Achieve*

## Open Times

	AM	PM
<b>MONDAY</b>	6:00am - 10:00am /	12.30pm - 5.00pm
<b>TUESDAY</b>		2.00pm - 5.00pm
<b>WEDNESDAY</b>	6:00am - 10:00am /	12.30pm - 5.00pm
<b>THURSDAY</b>		12.30pm - 5.00pm
<b>FRIDAY</b>	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

<b>MORNINGS:</b>	<b>MONDAY, WEDNESDAY AND FRIDAY</b>	8.30am
<b>AFTERNOONS:</b>	<b>MONDAY, TUESDAY, WEDNESDAY AND THURSDAY</b>	4:00pm

## SHALOM Fitness Price List 2026

ADULT PRICES (p/wk)**		STAFF PRICES (p/wk)**	
<b>Gym/Class Membership</b>		<b>Gym/Class Membership</b>	
Base Gym	\$ 13.50	Base Gym	\$ 10.00
add classes	\$ 18.50	add classes	\$ 13.50
add classes & PT	\$ 70.00	add classes & PT	\$ 55.00
<b>10 x Pack</b>		<b>10 x Pack</b>	
Gym	\$ 115.00	Gym	\$ 100.00
Class	\$ 115.00	Class	\$ 100.00
<b>Adult Casual Visits</b>		<b>Student Casual Visits</b>	
Gym	\$ 17.50	Gym	\$ 13.00
Class	\$ 17.50	Class	\$ 13.00
<b>Personalised Programs</b>		<b>Personalised Programs</b>	
\$ 140.00 Each (incl x2 PT)		\$ 110.00 Each (incl x2 PT)	
<b>Athlete Training Available</b>		<b>Fitness Testing Available</b>	

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 2026 Student and PIA pricing schedule\*\*



### KELLY AND KALLEN

Your Friendly Fitness Instructors

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