



## 2024

*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 2024

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 2023 Student and PIA pricing schedule



**KELLY**

Your Friendly Fitness Instructor

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## Gym Timetable 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday		
6.00-6.30	BOOT CAMP		BOOT CAMP		BOOT CAMP		
6.30-7.00							
7.00-7.30	Open Gym		Open Gym		Open Gym	Open Gym	
7.30-8.00							
8.00-8.30							
8.30-9.00	RPM		CORE STABILITY		CORE STABILITY	CORE STABILITY	STRENGTH
9.00-9.30							
9.30-10.00	Open Gym						Open Gym
10.00-12.30	Gym Closed For Lunch						
12.30-1.00	Student Excellence		Student Excellence	Student Excellence	Student Excellence		
1.00-1.30							
1.30-2.00	Open Gym		Open Gym	Open Gym		Open Gym	
2.00-2.30							
2.30-3.00							
3.00-3.30							
3.30-4.00							
4.00-4.30	BOXING		TABATA	STRENGTH		STRETCH	
4.30-5.00							

### Fitness Classes – 45 minutes each

Boot Camp: A commando style workout for strength and cardio fitness.  
 RPM: Cycle class gentle on knees and hips with strength training.  
 Boxing: Boxing for fitness, a great way to let out some extra energy.  
 Tabata Tuesday: A great way to mix strength and cardio training.

Core Stability: Strengthening, lengthening, exercise to keep you fit and active building a strong core.  
 Stretch: Pilates crossed with mobility training, help you stay active and mobile so you can live the life you love.  
 Strength: A tougher workout for those who want more at the end of the week.  
 Personal Training: One-on-one time with one of our expert trainers to focus on your goals! By appointment.

School Holidays – Gym open Mon, Wed, Fri between 6am and 10am  
 Please note the Gym is closed for 4 weeks over Christmas holidays