

## » MEMBERSHIP PRICES

### CENTRE MEMBERSHIP –

■ 1 month .....	\$170.00
■ 3 months .....	\$300.00
■ 6 months .....	\$460.00
■ 12 months .....	\$690.00
■ 12 months direct debit .....	per month \$60.00
■ Casual visit .....	\$10.00
■ 10 visit pass .....	\$100.00
■ TNT classes .....	\$6.00
■ TNT 10 visit pass .....	\$50.00

### OFF PEAK CENTRE MEMBERSHIP –

(Strictly 10:30am to 3:30pm)

■ 1 month .....	\$120.00
■ 3 months .....	\$220.00
■ 6 months .....	\$350.00
■ 12 months .....	\$500.00

### AQUA AEROBICS/POOL MEMBERSHIP –

■ 1 month .....	\$110.00
■ 3 months .....	\$250.00
■ 6 months .....	\$350.00
■ 12 months .....	\$500.00
■ Casual class visit .....	\$10.00
■ 10 visit pass .....	\$100.00
■ Adult pool entry .....	\$5.00
■ Student, concession, child pool entry .....	\$4.00
■ Family rates apply	
■ 10 visit pool pass .....	\$45.00
■ Concession – 10 visit pool pass .....	\$35.00
■ 20 visit pool pass .....	\$85.00
■ Concession – 20 visit pool pass .....	\$65.00

### PERSONAL TRAINING PRICES

(First session complimentary)

<b>Members Prices</b> – 30min session .....	\$27.50
<b>Non-member Prices</b> – 30min session .....	\$40.00
60min session .....	\$70.00

All personal training covers health assessments, program design and nutritional advice if required.

### TRADING HOURS

Monday to Friday .....	5:00am – 9:00pm
Saturday .....	5:00am – 6:00pm
Sunday .....	9:00am – 6:00pm
Public Holidays .....	to be advised

### KIDS CLUB

Available between 8.30am and 11.30am, Monday to Friday, free of charge. Max of 30 children at any time. Centre members/cardholders may pre-book a placement for their children in the Kids Club, therefore spaces may be limited for casual users.

### GYMNASIUM INFORMATION

**Gymnasium Equipment and Services Include –**  
Gymnasium – pin and free weights, Cardio Room, Aerobics, Aqua Aerobics, Boxing Fitness/Training, Supa-Circuit and Core Strength Room.

**Gym Membership Includes –** Pool, Aerobics, Boxing Fitness, Circuit Classes, TNT, Health Assessments and Exercise Programs.

**Gym Membership Excludes –** Strong Bones For Life, Heartmoves and Aqua Aerobics

**Gymnasium terms and conditions:** Private health insurance rebates apply. Prices are subject to change. There are no discounts on off peak or ten visit passes. Students, seniors and affiliated club members receive 15% off regular membership prices – **ONLY ONE DISCOUNT APPLIES.** No one under 14 years of age is permitted in the gym unless supervised by a qualified instructor. Users must have enclosed shoes, towel and water bottle. Return all equipment to original space after use. The centre has a current child protection policy and is a no camera/photo zone. All persons train at their own risk when gym is unattended.

**Clem Jones Centre**  
56 Zahel Street, Carina, Qld 4152

Phone: (07) 3398 2107

Fax: (07) 3843 6122

Email: [clemjonescentre@optusnet.com.au](mailto:clemjonescentre@optusnet.com.au)

[www.clemjonescentre.com.au](http://www.clemjonescentre.com.au)

# CLEM JONES CENTRE



**Affordable  
Fitness  
& Fun  
for everyone!**



**Swimming Lessons**

**Gym and Aerobics**

**Sports and Leisure**

# FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	Boxing Fitness	Abs, Butts & Thighs	Boxing Fitness	Abs, Butts and Thighs	Boxing Fitness		
6.30am						Boxing Fitness	
7.15am			Aqua Pilates				
8.00am		TNT	TNT	TNT	TNT		
8.30am						Body Pump Supa-Circuit	
9.15am		Deep Aqua		Deep Aqua		Deep Aqua	
9.30am	Body Pump Aqua	Supa-Circuit	Supa-Circuit Aqua Core Strength	Body Step	Supa-Circuit Aqua Boxing Fitness		
10.00am						Yoga	Yoga
10.30am		Boxing Fitness	Boxing Fitness				
10.45am				Strong Bones for Life			
12.00pm		Strong Bones for Life					
12.15pm					Heartmoves		
1.15pm		Heartmoves					
5.30pm		Zumba*	Zumba*		Boxing Fitness		
6.00pm	Fat Burner Supa-Circuit	Body Pump	Body Step Supa-Circuit	Body Pump Out Door Mash-up			
6.30pm	Deep Aqua	Aqua	Deep Aqua	Aqua			
7.00pm	Body Basics	Boxing Fitness	Boxing Fitness	Boxing Fitness			

\* Held at the Clem Jones Centre Sports Club, 401 Stanley Road Carina