

» MEMBERSHIP PRICES

GYM MEMBERSHIP –

■ 1 month	\$150.00
■ 3 months	\$290.00
■ 6 months	\$420.00
■ 12 months	\$660.00
■ 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 GYM MEMBERSHIP –

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

■ 1 month	\$100.00
■ 3 months	\$200.00
■ 6 months	\$300.00
■ 12 months	\$450.00

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)

Members Prices – 30min session	\$27.50
Non-member Prices – 30min session	\$40.00
60min session	\$70.00

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

N.B: Student, seniors and affiliated club members, the 15% off regular membership prices – only one discount applies.

SUMMER TRADING HOURS

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

CHILD MINDING

Available between 8.30am and 11.30am, Monday to Friday. Free of charge for all clients participating in a class.

GYMNASIUM INFORMATION

Gymnasium Equipment and Services Include

– Gymnasium – pin and free weights, Cardio Room, Aerobics, Aqua Aerobics, Boxing Fitness/Training, Supa-Circuit and Physioworks – Physiotherapy

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

Gym Membership Excludes – Strong Bones For Life, Physio Pilates, Boxing Training, 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. Student, seniors and affiliated club members, the 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

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	Supa-Circuit	Boxing Fitness	Abs, Butt and Thigh	Boxing Fitness		
6.30am						Boxing Fitness	
8.00am		TNT	TNT	TNT	TNT	Body Pump	
8.30am						Supa-Circuit	
9.00am		Physio Pilates					
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		Aqua
10.00am		Boxing Fitness					
10.30pm			Boxing Fitness				
10.45pm				Strong Bones for Life			
12.00pm		Strong Bones for Life					
12.15pm					Heartmoves		
1.15pm		Heartmoves					
2.00pm							Yoga
3.00pm	Boxing Training	Boxing Training	Boxing Training	Boxing Training	Boxing Training		
5.00pm					Boxing Fitness		
6.00pm	Fat Burner Supa-Circuit	Body Pump	Body Step Supa-Circuit	Body Pump Out Door Mash-up			
6.15pm				Physio Pilates			
6.30pm	Deep Aqua	Aqua	Deep Aqua	Aqua			
7.00pm	Body Basics Physio Pilates	Boxing Fitness	Boxing Fitness	Boxing Fitness			
8.00pm			Boxing Fitness				