

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)

| | |
|---|---------|
| 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 |

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, Super-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, 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. 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

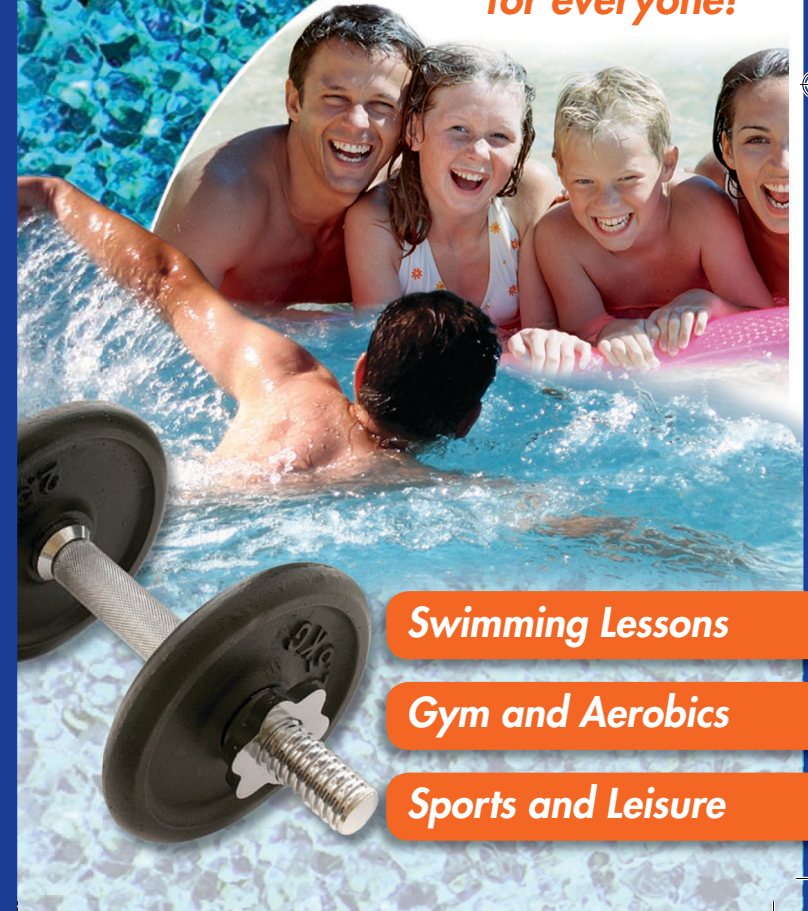
Email: clemjonescentre@optusnet.com.au

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 | | | | |
| 8.15am | | TNT | TNT | TNT | TNT | | |
| 8.30am | | | | | | Body Pump Supa-Circuit | |
| 9.30am | Body Pump Aqua | Supa-Circuit Deep Aqua | Supa-Circuit Aqua Core Strength | Body Step Deep Aqua | Supa-Circuit Aqua Boxing Fitness | Deep Aqua | |
| 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