

MEMBERSHIP PRICES

CENTRE MEMBERSHIP (all inclusive)

■ 1 month	\$225.00
■ 3 months	\$375.00
■ 6 months	\$550.00
■ 12 months	\$850.00
■ Direct debit	per month \$85.00

GYM MEMBERSHIP (everything land based plus pool)

■ 1 month	\$185.00
■ 3 months	\$325.00
■ 6 months	\$485.00
■ 12 months	\$725.00
■ Direct debit	per month \$65.00
■ 12 months Partners' combo	ea \$550.00
■ Casual visit	\$12.00
■ 10 visit pass	\$120.00
■ Casual visit for TNT, Strong Bones	\$7.00
■ 10 visit pass for TNT, Strong Bones classes	\$55.00

OFF PEAK GYM MEMBERSHIP

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

■ 1 month	\$135.00
■ 3 months	\$240.00
■ 6 months	\$380.00
■ 12 months	\$550.00

AQUA/POOL MEMBERSHIP (everything water based)

■ 1 month	\$100.00
■ 3 months	\$245.00
■ 6 months	\$325.00
■ 12 months	\$485.00
■ Casual class visit	\$12.00
■ 10 visit pass	\$120.00

GENERAL ADMISSION

■ 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

TRADING HOURS

Monday to Friday	5:00am – 9:00pm
Saturday	5:00am – 6:00pm
Sunday	8:00am – 6:00pm
Public Holidays	to be advised

KIDS CLUB

Available to Members and Card holders ONLY between 9.00am and 12.00pm, Monday to Friday free of charge. For more information, please contact Reception.

PERSONAL TRAINING PRICES

Members Prices – 30min session, one person only

Casual	\$32.50
5 sessions	\$140.00
10 Sessions	\$250.00

Members Prices – 30min session, two people

Casual	\$50.00
5 sessions	\$220.00
10 Sessions	\$400.00

Members Prices – 30min session, three to six people

Casual	\$75.00
5 sessions	\$300.00
10 Sessions	\$550.00

NON Members Prices – 30min session, one person only

Casual	\$50.00
5 sessions	\$180.00
10 Sessions	\$320.00

P.T. clients are to provide 24 hours cancellation notice or the fee will still be charged.

Gymnasium terms and conditions: Private health insurance rebates may 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: admin@clemjonescentre.com.au

www.clemjonescentre.com.au

CLEM JONES CENTRE



**Affordable
Fitness
& Fun
for everyone!**



Swimming Lessons

Gym and Aerobics

Sports and Leisure

FITNESS TIMETABLE

EFFECTIVE 1/5/17 TO 30/9/17

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	Boxing Fitness	Power H.I.I.T	Boxing Fitness	Power H.I.I.T	Boxing Fitness		
6.30am						Boxing Fitness	
7.00am			Aqua Pilates		Aqua Pilates		
8.00am	Zumba Gold	TNT	TNT	TNT	TNT	Stength H.I.I.T	
8.30am						Body Pump	
9.00am	Tabata						Aqua Combo
9.15am	Fin Swim	Pilates		Deep Aqua		Deep Aqua	
		Deep Aqua					
9.30am	Body Pump	Power H.I.I.T	Boot Camp	Body Step	Aqua		Core X
	Aqua		Aqua				
			Core X				
			Fin Swim				
10.00am						Yoga	
10.30am		Boxing Fitness	Boxing Fitness		Yoga		
10.45am	Zumba Step			Strong Bones for Life			
12.00pm		Strong Bones for Life					
6.00pm	Bootcamp	Body Pump	Bootcamp	Body Pump			
	Zumba		Dance Fit				
6.30pm	Aqua	Aqua	Aqua	Aqua			
7.00pm	Pilates	Boxing Fitness	Boxing Fitness	Boxing Fitness			