

Joining Fee - \$20.00

An extensive information pack that includes all the information needed to get started. You will receive a bar-coded membership key tag that will be scanned on your arrival to register your attendance.

Note: All Merimbula Health & Fitness members must already be social members of the Merimbula Lmly Bowling Club. Please see Club reception for details.

Membership Training Options

- 1. Membership** - includes full unassisted use of all health club facilities unlimited classes and unlimited use of the gym floor.
 - 2. Casual Visit** - allows for unassisted use of the main gym or access to classes for 1 session only.
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Pay Solutions Direct Debit

Pay Solutions - \$38.50 including admin fee

- a minimum of 13 payments
- payments are debited fortnightly
- one off set up fee of \$2.50

Note: Direct Debit Memberships can be extended due to sickness or absence for a maximum of 8 weeks. Payments will continue with time added after the last payment.

General Memberships

12 week - \$228.00 \$19 p/w (max. 4 week extension)
26 week - \$468.00 \$18 p/w (max. 8 week extension)
52 week - \$884.00 \$17 p/w (max. 12 week extension)

10 Visit Pack - \$100.00 (Valid for 16 weeks)

20 Visit Pack - \$160.00 (Valid for 26 weeks)

Casual Visits - \$12.00 (class or gym session)

Seniors Casual Visit - \$8.00
(a valid seniors card must be presented)

7 Day Pass - \$35.00

Family Memberships

A range of cost effective membership options for couples and families can be discussed with our friendly staff.

Introductory Training Package - \$65.00

Suitable for beginners with little or no gym experience. Includes 2 pre-booked sessions at a time that suits you and will get you on your way to exercising with safety and confidence.

1st Session - This is an introduction to the gym environment that will help to familiarise you with equipment and gym etiquette. It will also assist your trainer to devise your personalised exercise program.

2nd Session - An exclusively one on one training session to give you a comprehensive walk through of your exercise program that is presented with colour diagrams and instructions designed to provide structure to your workout.

Exercise Programs - \$20.00

An individualised exercise program presented with colour diagrams and instructions designed to provide structure to your workout. Complete a program information sheet to assist us to devise your exercise program. A personal training session can be organised to assist you with your new program. Ask at reception for details.