BODYWORK GYM

*Included in your membership:

- **A comprehensive assessment**
- **Programme tailored to your personal needs**
- **Access to group fitness classes**
- **Regular programme updates**
- **Regular weigh-ins/body measurements to help keep you on track**
- **Nutritional advice**

Our gym is fully equipped with machine weights, free weights, treadmills, climbmills, cross trainers, rowers, bikes, swiss balls, boxing bags, an aerobic area and suspension.

PERSONAL TRAINING SESSIONS

Single Session:	$50.00 1 hour
	$25.00 ½ hour
Concession Card:	$350.00
Partner sessions	$60 for 1 hour

Please phone for an appointment or speak to our Personal Trainers.

MEMBERSHIP OPTIONS

	Adults	Seniors 65+/ Students	Grey Power Card
12 months	$585.00	$485.00	$445.00
6 months	$390.00	$315.00	$285.00
3 months	$260.00	$220.00	$190.00

Automatic Payment Options
* Minimum term 3 months
*AP rolls over automatically after 3 months contractual term

$50 Joining Fee + weekly AP

Adult	$16.95 per week
Senior/Student	$13.50 per week

Casual/one-off Session
$15.00 Casual visit
$12.00 Seniors/Students

10 Visit Concession Card
$120.00
$100.00 (Seniors/Students)

Membership Holds
Put your 3, 6 or 12 month membership on hold when you are away on holiday. Conditions apply. See staff for details *not valid for weekly AP's

Holiday Options
4 weeks $160.00
6 weeks $180.00

BOOTCAMP by 25 to Life Fitness!
6 week blocks held outdoors (Spring, Summer) and at the gym (Autumn, Winter)
$110 BWG members
$170 non BWG members (includes 6 week mship to BWG during the bootcamp block)
$10 casuals – must book!
Gem - 0226247724

Bank Account Details
BNZ 02-1254-0027101-000
Please use first name initial and last name as your reference

OPEN 24 HOURS 7 DAYS

Follow us! Check in while you're here – FREE WIFI!
#bodyworkgymwhangamata
#yourgymbythebeach

www.bodyworkgym.nz
bodyworkwhangas@gmail.com

PH: 07 865 6502

104 Lindsay Road
(off Martyn Road)
Whangamata

STAFFED HOURS:
**Monday - Friday
6am - 8.30pm
Saturday
8am - 12pm**