INCLUDED IN YOUR MEMBERSHIP

- **A comprehensive assessment**
- **A program tailored to YOU**
- **Access to group fitness classes**
- **Program updates**
- **Weigh-in/body measurements to help keep you on track**
- **Nutritional advice**

OUR EQUIPMENT

We provide a functional cardio & weights area with machine, cable & free weights for all levels of training. An aerobic floor & outdoor space provide extra space when needed. Visit us on social media to see more of what we offer!

PERSONAL TRAINING SESSIONS

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

See Gareth and Gem if you are interested in personalizing your training even further!

MEMBERSHIP OPTIONS – PAY UPFRONT

	Adults	Seniors 65+/ Students	Grey Power Card
12 months	$595.00	$485.00	$445.00
6 months	$415.00	$330.00	$295.00
3 months	$260.00	$220.00	$195.00

WEEKLY AUTOMATIC PAYMENT

** Minimum term 4 months**

$55 Joining Fee + first week upfront

****conditions apply****

Adult	$17.95 per week
Senior/Student	$14.50 per week

CASUALS WELCOME!

$15.00 One off / Casual session
$12.00 Seniors / Students

10 VISIT CONCESSION CARD

$120.00
$100.00 (Seniors / Students)

MEMBERSHIP HOLD OPTION

Pay upfront for your 3, 6 or 12 month membership to use the Membership Hold option.
Conditions apply
See us for details!
not valid with Weekly AP's or Holiday Options

HOLIDAY MEMBERSHIPS

Great for the Summer holidays!
Train as often as you like!
4 weeks $160.00
6 weeks $180.00
8 weeks $200.00

BOOTCAMP

Held over 4 - 6 week blocks, indoors & outdoors.
Contact Gem or visit 25 to Life Fitness on FB/IG for more information.
Gem - 0226247724

OUR BANK ACCOUNT DETAILS

BNZ 02-1254-0027101-000
Please use first name initial & last name as your reference

BODY WORK GYM Whangamata MULTI TRAINING STUDIO

OPEN 24 HOURS 7 DAYS

Follow us!
Check in while you are 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 - 7.00pm
Saturday 8am - 12pm
(payment instructions at reception when unattended