

### **PAY UPFRONT**

	3 months	6 months	12 months
Adult	\$260	\$432	\$865
Snr/Student/ First Responder	\$260	\$382	\$765

### **CASUALS WELCOME**

Adult one off session	\$15
Snr/Student/First Responder one off session	\$12

### **INCLUDED IN YOUR 3-12 MONTH MEMBERSHIP**

- comprehensive assessment
- program and program updates
- group fitness classes
- 24/7 gym entry
- body composition & tracking
- nutrition advice

**Non-Member Costs/Holiday Membership extras:**

assessment	15 mins	\$15
program	30 mins	\$30
body composition	10 mins	\$10

### **PERSONAL TRAINING SESSIONS**

Single Session:	\$60.00 1 hour
	\$35.00 ½ hour
Concession Card:	\$495.00
Partner sessions:	\$80 for 1 hour

See Gareth and Gem if you are interested in taking your training to the next level to achieve your goals!

### **10 VISIT CONCESSION CARD**

Adult	\$125
Snr/Student/First Responder	\$115

### **HOLIDAY MEMBERSHIPS**

4 weeks	6 weeks	8 weeks
\$160	\$180	\$200

### **MEMBERSHIP HOLDS**

Granted on a case-by-case basis. For a maximum of up to 4 weeks. Not valid to use on Holiday Memberships.

### **OUR BANK ACCOUNT DETAILS**

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



**OPEN 24 HOURS 7 DAYS**



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#yourgymbythebeach

[www.bodyworkgym.nz](http://www.bodyworkgym.nz)  
[bodyworkwhangas@gmail.com](mailto:bodyworkwhangas@gmail.com)

**PH: 07 865 6502**

**104 Lindsay Road**  
(opposite the skate park)

### **STAFFED HOURS:**

**Monday - Friday 6am - 12pm & 2pm – 6pm**  
**Saturday 8am – 11am**  
**Sunday & Public Holiday's - unstaffed**  
(payment instructions at reception when unattended)