



NOTES

## TAKE YOUR FITNESS TO A WHOLE NEW LEVEL WITH PERSONAL TRAINING

Our trainers have a wealth of experience across a broad range of fields.

By specialising in many different areas, our aim is to make your time on the gym floor a fun and empowering experience, so that you can get the most out of your membership.

To find out more or to book a time, feel free to speak to one of our trainers today.

### PT RATES AND GYM PROGRAMING

	30 MINS	1HR
MEMBERS	\$38	\$65
NON MEMBERS	\$45	\$75

### CASUAL PRICES

Single session	\$16
1 month membership	\$90
10 session pass (3 month expiry)	\$140
20 sessions (6 month expiry)	\$270

### HOURS

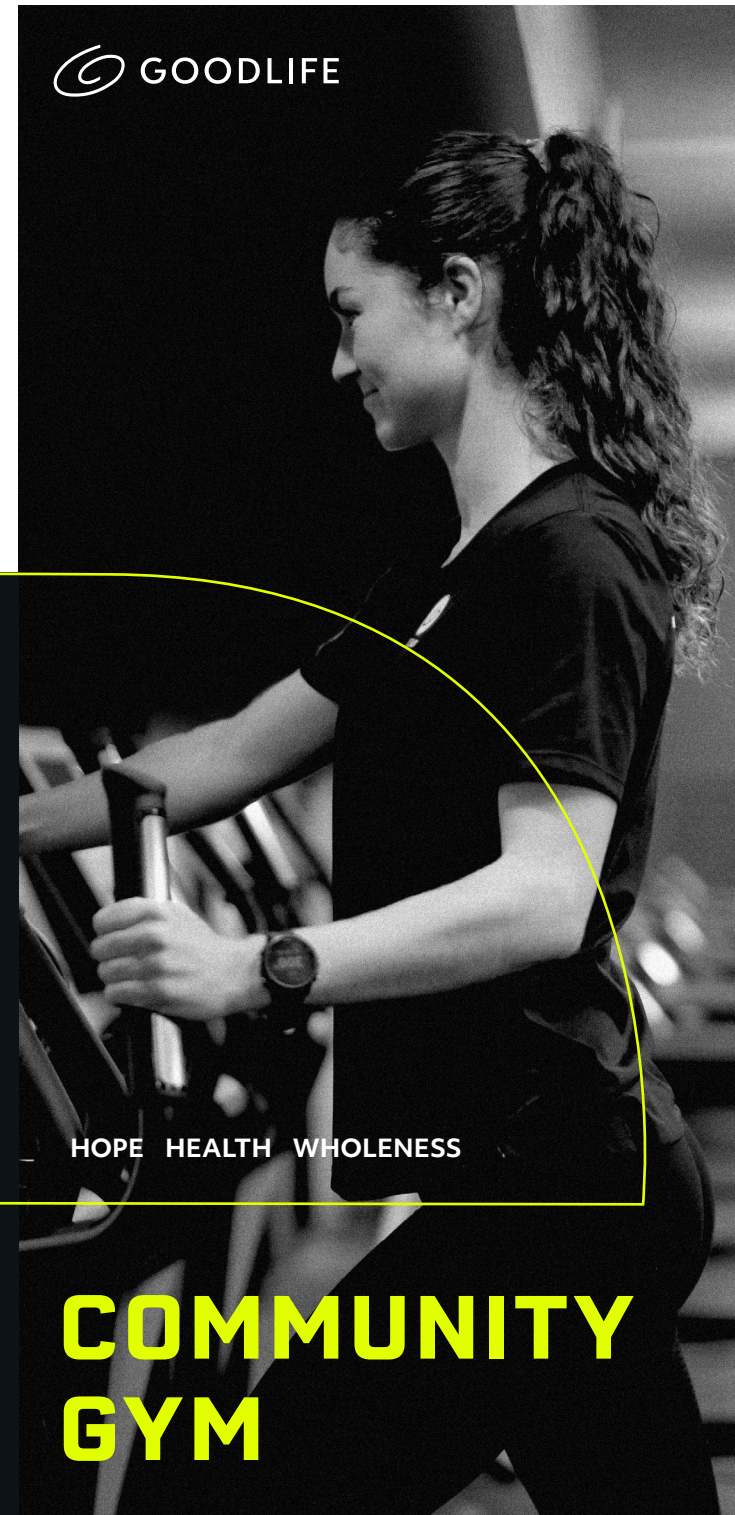
Monday - Friday	5:30 - 7:00 PM
Saturday	7:00 - 12:00 PM
Sunday	Closed

PH (07) 5444 2126

IG @goodlifecommunitygym

FB /goodlifecommunitygym

WEB www.goodlife.org.au



HOPE HEALTH WHOLENESS

# COMMUNITY GYM

# THE GOODLIFE COMMUNITY GYM EXISTS TO EMPOWER PEOPLE TO LIVE A FULL, FUN AND HEALTHY LIFE.

Experience exceptional quality service! As one of the longest-running gyms on the coast and a not-for-profit, we take pride in offering affordable fitness options to suit everybody. Enjoy some of the best facilities on the Sunshine Coast, including a fully equipped, state-of-the-art gym, and a diverse range of group fitness classes.

You can stay and have coffee with your friends in our café afterwards. Come and say hi to our friendly, professional staff and become part of our thriving health and fitness community today!

## \$25 TWO WEEK TRIAL

New members can purchase a 2 week trial memberships for just \$25. You can enjoy any class and gym entry for two weeks



### GOODLIFE ACTIVE PRICES

12 month Goodlife Active	\$17.50/wk*
12 month Goodlife Active	\$865 *
6-month Goodlife Active	\$480*
Start up fee for new members	\$49

### INCLUSIONS

- Gym induction available
- Unlimited entry to gym and group exercise
- Over 45 Group Fitness Classes every week
- Inspiring trainers and expert coaching
- Exclusive members rates on personal training
- Virtual Classes

### FAMILY FITNESS IS OUR THING

To make fitness affordable for the whole family we offer a generous discount, when you sign up together. Enquire today or see the website for details.

### WEEKLY MEMBERSHIPS

**\$17.50/WK\***  
12 MONTH GOODLIFE ACTIVE

**\$15.50/WK\***  
12 MONTH ACTIVE AQUA

### ACTIVE AQUA PRICES

12 month Active Aqua	\$15.50/wk*
12 month Active Aqua	\$780*
6 month Active Aqua	\$440*
Start up fee for new members	\$49

### INCLUSIONS

- Aqua group fitness, offering indoor and outdoor heated pools, & a variety of times to choose from.
- Gym & classes access between 11am-3 pm
- Inspiring trainers and expert coaching
- Gym induction available
- Exclusive members rates on personal training



We are an AUSActive member!  
Check with your health fund to see if you qualify.

\*Weekly memberships billed monthly, price does not include Ezidebit fees. Cancellation fee applies, see website for details. 10% concession available to renewing members, students and seniors on Goodlife Active prices, not valid in conjunction with any other offer.