

Our Gym facilities and services

We provide a motivating and positive atmosphere to achieve your goals in all areas of health and fitness. We offer the following for your enjoyment and convenience.

- ▲ Fully air-conditioned facility.
- ▲ Designated functional training space.
- ▲ Treadmills, cross-trainers, rowers, assault bikes, upright and recumbent bikes, ski erg and stair climber.
- ▲ Technogym pin-loaded and plate-loaded strength machines.
- ▲ Free weight and stretching areas.
- ▲ Exceeding 35 group fitness classes – resistance training, aqua aerobics, stretch & recovery, yoga, pilates, plus more freestyle classes. For more information ask for our Group Fitness Timetable.
- ▲ Fitness Passport Holders/Members are a part of our GSAC Switch Community and can access our gym, pool, group fitness classes and stadium.
- ▲ Detox infra-red saunas (male and female).
- ▲ Personal Training packages.
- ▲ In Body Scan.
- ▲ Creche.
- ▲ 24/7 access.
- ▲ Café (coffee, smoothies and protein shakes).
- ▲ Pool.

Our fully qualified, friendly and professional staff are always happy to encourage and motivate you along the way, or answer any of your questions or concerns. For more information phone us on 6625 5370.

Operating hours

Monday – Friday: 6:00am – 7:00pm

Saturday: 7:00am – 4:00pm

WWW.GSAC.NET.AU



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Switch Gym 24/7
with access tag

Open
24/7



A guide to programs,
prices and facilities at
SWITCH 24/7 Gym.

GSAC

Aquatics Fitness Sports

Goonellabah Sports & Aquatic Centre
50 Oliver Avenue, Goonellabah
P: 6625 5370

Membership price list

Premium Memberships

	General		Concession		Student	
	Weekly	Upfront	Weekly	Upfront	Weekly	Upfront
1 month	N/A	\$140.00	N/A	N/A	N/A	N/A
3 month	\$31.85	\$363.50	\$28.10	\$320.30	N/A	\$245.50
6 month	\$28.00	\$692.00	\$25.00	\$617.50	\$18.75	\$463.00
12 month	\$23.25	\$1149.00	\$21.00	\$1037.00	\$18.50	\$914.00

Includes full use of gym, pool, group fitness, Aqua, Swimfit classes, Infra-red Sauna, and casual stadium use (subject to facility bookings).

Gym Only Membership

	General		Concession		Student	
	Weekly	Upfront	Weekly	Upfront	Weekly	Upfront
1 month	N/A	\$90.00	N/A	N/A	N/A	N/A
3 month	N/A	\$225.00	N/A	\$203.85	N/A	\$183.20
6 month	\$17.75	\$438.50	\$15.85	\$392.00	\$14.00	\$346.00
12 month	\$16.25	\$803.00	\$15.00	\$741.00	\$13.75	\$679.00

Use of gym only. Group Fitness and pool use not included.

Freedom Membership

	Gym only	
	Weekly	Upfront
3 month	\$15.40	\$175.50
6 month	\$15.00	\$370.50
12 month	\$15.00	\$741.00

Creche Occasional Care
New Family enrolment fee
(one off) **\$19.95**

Freedom membership includes Body Moves, Chair Yoga and Yoga, as well as pool access and access to the gym between 11am and 3pm only.

Casual Gym/Group Fitness and Visit Passes

	General	Concession
Casual	\$20.00	\$16.65
5 visit	\$95.15	\$79.00
10 visit	\$179.95	\$149.75

Direct debit memberships are perpetual and a \$1.48 fortnightly processing fee is added to all DD memberships.

*24/7 gym access is available in addition to a premium or gym-only membership, for a one-off fee of \$50.00.

*Terms and conditions apply.

Infra-Red Sauna 1 Hour Booking (30 Minute Sauna)

Premium membership	Included in membership
Gym Only Member (inc. Fitness Passport)	\$19.50
Non-Member (Casual Visit)	\$35.00
InBody Scan	\$33.00
Sauna 10 pack	\$170.00

24/7 Gym Access

Is available in addition to a premium or gym-only membership, for a one-off fee of \$50. Also available to Fitness Passport Holders/Members

Personal Training

Maximum results in minimal time

Are you lacking motivation?

Need that extra push?

Call one of our trainers today and change your life in so many positive ways...



- ▲ Get motivated – most of us work harder in the presence of others
- ▲ Be consistent – be accountable and overcome excuses
- ▲ Find clarity – remove the guesswork to achieve your goals
- ▲ Move confidently – promote a stronger self-awareness and self-efficacy
- ▲ Avoid Injury – move safely and effectively
- ▲ Have FUN – a great Personal Trainer will make exercise both effective and fun

Meet our friendly and passionate trainers...



Personal Training price list

30-minute personal training sessions

	One person	With buddy
1 session	\$46.75	\$58.75
5 session pack	\$222.00	\$279.00
10 session pack	\$421.00	\$529.00

45-minute personal training sessions

	One person	With buddy
1 session	\$61.00	\$73.00
5 session pack	\$290.00	\$347.00
10 session pack	\$549.00	\$657.00

60-minute personal training sessions

	One person	With buddy
1 session	\$67.50	\$78.00
5 session pack	\$320.50	\$370.50
10 session pack	\$607.50	\$702.00



PT Kickstarter Pack \$165.00

Includes: 3 x 45min PT Sessions and 1 x Inbody Scan.

*Terms and conditions apply.

