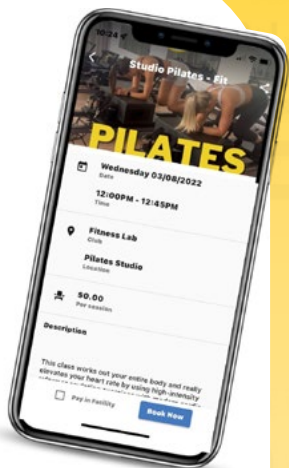


GET THE FITNESS LAB @
GSMC APP!



SCAN ME



- VIEW AVAILABLE CLASSES IN REAL-TIME AND SEE WHO IS INSTRUCTING THE CLASS
- MANAGE YOUR BOOKINGS - BOOK INTO, PAY & CANCEL CLASSES & SESSIONS
- PURCHASE DISCOUNTED CLASS PACKS
- UPDATE YOUR PERSONAL INFORMATION
- RECEIVE PUSH NOTIFICATIONS FROM US WITH REMINDERS AND PROMOTIONS

Please note: All participants must sign a waiver.
There are minimum age requirements for some activities.

SCAN THE QR CODE OR DOWNLOAD IT FROM



4 EASY WAYS TO BOOK



PLAN & BOOK YOUR FITNESS SESSIONS, KEEP IN THE LOOP WITH LAB NOTIFICATIONS, PAY FOR YOUR VISIT, MANAGE YOUR GYM MEMBERSHIP AND MUCH MORE - ALL FROM YOUR ANDROID OR IOS PHONE OR DEVICE.

1. Download the Gym master app
2. Choose the Fitness Lab Club
3. Sign in with your details to create a profile



COME INTO GSMC DURING OPENING HOURS AND BOOK AND PAY FOR YOUR CLASS

1-5 Ballarat Road, Nth Geelong

M-T 8am - 7pm, Fri 8am - 4pm & Sat 8 - 12pm



BOOK ALL CLASSES ONLINE VIA THE WEBSITE :

www.geelongsportsmedicinecentre.com.au

OR www.fitnesslabgeelong.com.au



GIVE US A CALL AND WE WILL BOOK YOU IN

Phone: 03 5222047



CONTACT US
5222047

1-5 BALLARAT ROAD, NORTH GEELONG
www.geelongsportsmedicinecentre.com.au

FITNESS LAB

gsmc
FITNESS LAB

**MEMBERSHIP PRICES
FROM JULY 2024**

Weekly Gym Membership

\$20/week*

Fitness Lab Gym Access

- 7 day access 4am - 10pm*
- + One time offer
- 1 x ½ price Personal Training session
- 1 x free podiatry assessment
- 1 x free Pilates class
- 1 x free Yoga class
- 1 x free Recovery ice bath session

Gold Membership

\$65/week*

Or \$300 per month if paid upfront

Weekly Gym membership

- + Unlimited Pilates class, Yoga class and Aqua classes
- Unlimited Access to Recovery - Ice bath, Compression, Sauna
- Gym Welcome pack - Bag, Drink Bottle and Cap
- 7 day access 4am - 10pm*

Gym & Pilates OR Yoga Membership

\$45/week*

Weekly Gym membership

- + Unlimited Studio Pilates OR
- + Unlimited Yoga membership

**fees apply for no-shows or late cancellations*

Family Membership

\$55/week*

Usually \$80 per week

Gym Access for 2 Adults x 2 Children* (14 - 18 years)

- 2 for the price of 1 Podiatry assessment
- 7 day access 4am - 10pm*

**additional child \$10 (Children U/16 must be actively supervised by an adult)*

Recovery Membership

\$30/week*

- Unlimited Access to Ice Bath, Compression boots, Spa and Infrared Sauna

Gym & Recovery Membership

\$45/week*

Weekly Gym Membership + Unlimited Access to Ice Bath, Compression boots, Spa and Infrared Sauna

* All gym Memberships required to pay a \$10 deposit for an entry fob, which is refundable if returned at the end of the membership. Or charged for replacement Fobs

Casual Bookings

Discounts available with purchase of 5 or 10 sessions

Gym Casual Pass	\$15
Teen Fit Class - Ages 12 - 16 only	\$10
Minors must have waiver signed by a guardian before commencing	
Cold Plunge and Spa	
Casual	\$15
Member	\$10
10 pack + 1 free visit	\$150

Compression Boots

Casual	\$20
Member	\$15
10 pack + 1 free visit	\$200

Infrared Sauna Private Booking 45 mins (1-2 people)

Casual	\$25
Member	\$15
5 pack (add \$20 for 2 people)	\$125
10 pack + 1 free visit	\$250
(Add a person to your booking for \$10 a session)	

Pilates Studio exercise style only

Studio Pilates Class	\$22
5 pack	\$100
10 pack + 1 free visit	\$200

Yoga

Yoga Class	\$22
5 pack	\$100
10 pack + 1 free visit	\$200

Aqua Exercise

Aqua Class	\$20
5 pack	\$100
10 pack + 1 free visit	\$200

Group Fitness (Casual/Fitness Lab Member) **\$15/\$10**

Active Adults *Not Bookable through Gym App*

Exercise Physiologist led Gym workouts

Large group	\$20
Small group	\$30

Physio-led Pilates - Up to 12 people **\$30***

Functional Mobility - Post-Rehab, Mobility, Strength and Flexibility **\$30***

Balance, Bones and Stability **\$25***

Chronic Health Programs **\$20***

**Health rebates may apply*

Pricing is subject to change, rebates may apply to some items. Please email info@gsmc.net.au with enquiries or call 5222 2047.

NO ACTIVITY CAN COMMENCE UNTIL WAIVER HAS BEEN SIGNED

Private Training Sessions

PT Session (1 hr/45mins/30)	\$90/\$75/\$60
3 pack PT (1 hr/45mins/30)	\$240/\$195/\$150
Semi Private 1 hr - 2 to 4 people	2p \$110/3p \$130/4p \$150
1:1 Pilates (45 mins)	\$65
Specialised Sports-Specific Coaching	POA

The Lab Fitness Testing and High Performance

VO2 Max (1 hour)	\$185
Axite Force Plate Test (45 mins)	\$125
Lactate Blood Test (45 mins)	\$140

High Performance Composite

VO2 Max and Lactic (1 hour)	\$230
Resting Metabolic Rate (45 mins)	\$50

The Ultimate Performance Package

- Resting Metabolic Rate Test **\$550**
- VO2 Max
- Lactate Testing
- Force Plate Testing
- 1 x Review Consultation
- Access to recovery facility

Other testing includes Speed, Agility, Biomechanical Assessment, Gait Analysis and the Concussion Baseline SCAT5. Price on request.

Teams

Email: info@gsmc.net.au for bookings

Pilates/Yoga/Hiit Class **\$12pp**

Recovery - Hydro	
Instructed	\$12pp
Unsupervised	\$8pp

Room Booking or Boardroom for team reviews, including AV and seating for 24 **\$50/hour**

Team Testing - Min 10 players x 5 sports-specific tests (Add \$20pp for development of individual program) **\$25pp**

WE AREN'T LIKE OTHER GYMS - NO LOCK-IN CONTRACTS, NO SIGN UP FEES, CAPPED MEMBERSHIP NUMBERS