

## Memberships

from \$1.98 a day

### MEMBERSHIPS

King George offers a variety of membership types, all with no joining fees! Membership options are:

#### Ezypay Flexible No Contract Membership

A flexible, no commitment month to month membership, pay as you go via direct debit billing fortnightly. No restrictions, come as often and whenever you like. Just give 30 days notice to leave.

#### Ezypay Term Contract Memberships

Providing you with better value for your longer term investment in your health and wellbeing. Pay as you go via direct debit billing fortnightly throughout contract agreement. Billing stops at the end of this agreed period. No restriction.

#### Pre-pay Term Memberships

Our best valued membership option, whereby you receive a discount for investing in your health and wellbeing by paying your membership fee in full up front. No restrictions

#### Casual 20 Visit Pack

Bulk buy 20 casual visits at a discounted rate with 12 months to use them before they expire.

#### Casual Weekly Pass

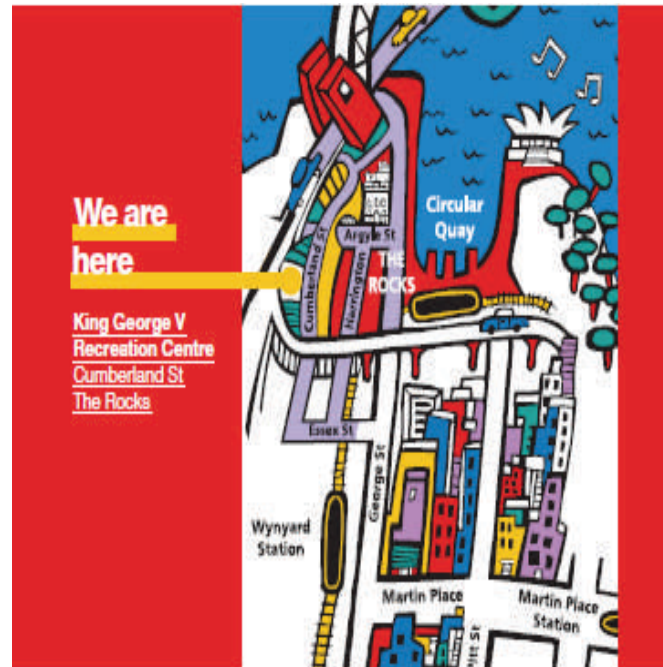
A sort term option for visitors to the Sydney who would like to stay on top of their health and wellbeing during their visit.

### FEES

	Standard	Corporate	Resident
Non Contract*	\$42.80	\$39.59	\$36.38
12mth Ezypay*	\$31.70	\$29.32	\$26.95
6mth Ezypay*	\$38.04	n/a	\$32.33
12mth Prepay	\$721.18	\$667.09	\$613
6mth Prepay	\$432.71	\$400.25	\$367.80
20 Visit Pack	\$238	n/a	\$202.30
Weekly Pass	\$32.80	n/a	n/a
Casual Visit	\$14	n/a	\$11.50

\*Prices are the fortnightly amount you will be billed

Resident on Benefits rates also available



We are here

King George V  
Recreation Centre  
Cumberland St  
The Rocks

Make the transition to a healthier more active lifestyle with KGV

### CONTACT US

KGV Fitness Centre  
3B Cumberland St, The Rocks, Sydney,  
NSW, 2000

phone: 02 92443611

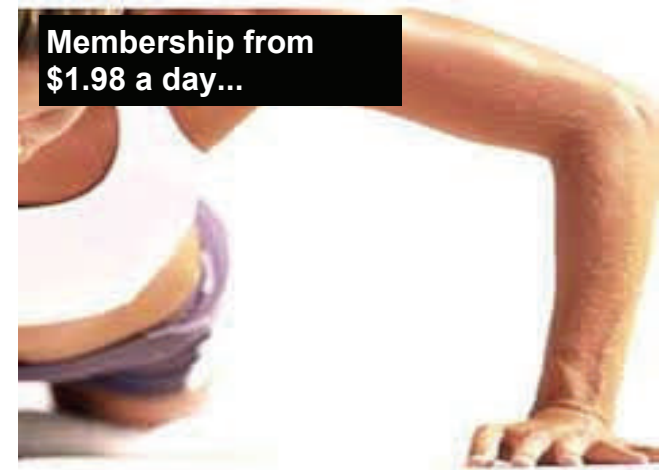
fax: 02 92443611

e-mail: [kgvfitness@cityofsydney.nsw.gov.au](mailto:kgvfitness@cityofsydney.nsw.gov.au)

MEMBERSHIP FROM \$1.98  
A DAY

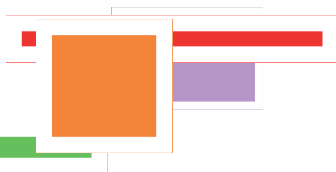
# KGV Fitness Centre

Membership from  
\$1.98 a day...



Cumberland St, The Rocks  
[kgvfitness@cityofsydney.nsw.gov.au](mailto:kgvfitness@cityofsydney.nsw.gov.au)

**Membership  
from \$1.98  
a day**



## **○ SERVICES**

### **Group Fitness Classes**

King George conducts a variety of exercise classes before work, at lunch and of an evening. Current class:

- Les Mills Body Pump
- Zumba
- Cross Fit
- Yoga
- Pilates
- Cycle / Spin
- Boxing
- Burn & Tone
- Sports Play
- Basketball Coaching

\*For more information ask for a class timetable

### **Health Assessment**

To gain a general indication of your current health, enabling us to more effectively plan your exercise strategy (optional). At commencement of membership and upon every 12 weeks thereafter.

### **Exercise Prescription**

Based on the outcomes of your health assessment your trainer will formulate an exercise program best suited to your fitness objectives, interests, circumstances and health needs. Upon request program review available every 12 weeks.

### **Exercise Education Sessions**

KGV provides three workshops per week designed specifically to educate you about your exercise



program and show you the latest exercise methods and training techniques There is “Weight Loss”, “Burn & Tone” and “Muscle Gain” sessions, regardless of your goal there is a workshop available to help you stay up to date and achieve your health and fitness goals more effectively (duration 45 minutes).

### **Workout Of the Day**

KGV provides a “Workout Of the Day” everyday of the week. The workouts vary between Cross Training, Functional Strength & Cardio Conditioning to provide you with a balanced variety of exercise options. Each workout has Beginner, Intermediate & Advanced variations making them suitable for everyone.

### **Support & Assistance every day**

King George provides qualified and experienced Fitness Professionals who are genuinely eager to help you stay active and execute your health plan on the gym floor every day.



## **○ EVENTS / ADDITIONAL SERVICES**

Feb—Apr 2012 -12

Week Weight Loss Challenge

May 2012—Food Label Awareness Campaign

Jun—July 2012—8 wk Women’s Strength Program

August 2012—City to Surf KGV team fun run

Sept 2012—Exercise Your Mood Centre Fundraiser

Oct—Dec 2012—12 wk Boot Camp Blitz

Personal Training and Court Hire

## **○ FACILITY / EQUIPMENT**

Machine Weights including the latest cable and pin loaded equipment for the whole body.

Free Weights with all the Dumbbells, Barbells & weighted load required.

Cardio Machine with Treadmills, Cross Trainers, Step-

pers, Rowers and Bikes.

Cardio Theatre

TV’s

Group Fitness

Area

Suspension Train-

ers

Stretch & Floor

work area.

Boxing Equipment

Two indoor multipurpose courts suitable for basketball,

netball, volleyball, badminton and futsal

Outdoor Tennis Court

Olympic Table Tennis Tables.

Shower, Change rooms and lockers

\* Casual use of Basketball, Table Tennis and Tennis facilities included in your membership



## **○ ABOUT KGV FITNESS CENTRE**

Our facility is modern, spacious and brightly filled with natural light making it a pleasant and motivating environment for you to nurture your personal health and wellbeing. Your access to our Fitness Professionals, Group Fitness Classes and Workout of The Day programs are just a few of the many aforementioned health and fitness services and events available to you as a member of our gym. Further to this feel a sense of satisfaction knowing that you are a member of a Community Centre whereby your membership fees help support Community Health Programs for special needs groups in the local area. Current community service groups that KGV works in partnership with to deliver health related programs are Disability Services Australia, Street Soccer Sydney, Way Side Chappell, COS over 55’s, Heartmoves, Millers Point Youth Centre.

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more active lifestyle with KGV**

