

Other services available

Learn to Swim & Water Safety
Teens in the Gym
Adult SwimFit classes

Timetables

Weekly pool schedule and group fitness class timetables are available on our website or at Customer Service
www.friendshealthandfitness.com.au

Corporate Rates

The rates in this brochure only apply to direct employees at Calvary Hospital.
Evidence of employment must be shown at the time of joining.



7 Wilson Street,
North Hobart

Phone 6210 2241

email: fhf@friends.tas.edu.au
www.friendshealthandfitness.com.au



09/03/2021



**Corporate
Membership
Calvary Hospital**

Small Group Personal Training

Our trainers program for your individual needs in each session based on your movement and needs analysis. Sessions are capped at 5 people per session and are held in the gym.

The structure provides accountability, motivation and support under the guidance and supervision of our person training team.

Unlimited Small Group Personal Training is available on our Gold membership which also provides unlimited access to the pool, spa, steam room, gym and group fitness classes.

*Direct Debit \$39.50 per week

Casual rates

Facility	Adult	Child	Senior
Pool (inc. Spa & Steam)	\$9.00	\$5.50	\$7.50
Gym	\$18.50	\$10.00	\$9.00
Group Exercise Class	\$18.50	\$10.00	\$9.00
<i>Note: "child" refers to: 3 years - grade 12</i>			
Session Passes		10	20
Pool (inc Spa & Steam)		\$85.00	\$165.00
Gym/Group Exercise Class		\$175.00	\$345.00

Note: Session passes are valid for 12 months

Membership

No start up fee—Save \$50

Discounted Calvary Membership Rates

Swim & Gym Membership

Full use of pool, spa, steam room, free weights, pin loaded & cardio equipment & all group fitness classes. Includes initial assessment, gym programming & complimentary follow ups.

* Direct Debit \$23.00 per week

Swim Membership

Full use of pool, spa, steam room and all aqua classes

* Direct Debit \$14.40 per week

Gym Membership

Full use of free weights, pin loaded & cardio equipment and all group fitness classes. Includes initial assessment, gym programming & complimentary follow ups.

* Direct Debit \$18.30 per week

Class Membership

Use of all land based group fitness classes + Aqua classes

* Direct Debit \$16.50 per week

	1/2 hour	1 hour
Single	\$42.00	\$71.00
Single 10 Pack	\$393.40	\$678.10

Personal Training

Childminding

9.00am - 10.30am Monday & Friday

9.00am - 11.00am Wednesday

*Bookings required

Opening Hours

Monday to Friday 6.00am - 8.00pm

Saturday 8.00am - 6.00pm

Sunday & Most Pub Hols. 9.00am - 6.00pm

Age Policy

Children under the age of 16 years:

Pool Area - must be supervised by an adult (18+)

Gym - must be under direct one on one supervision of a Qualified Gym Instructor or Trainer (or have completed the Teens in the Gym certificate)