

## Joining the Gym

### JOINING FEE

(\$45) includes a 45min health assessment and gym orientation.

### MEMBERSHIP FEE

only \$45 per quarter.

\*\* Medical certificate is required if over 35yrs \*\*

### Opening Hours

The gym is accessible 24hrs a day with your membership gate keys

### Equipment Available:

Treadmill

Bikes

Rowing Ergo meter

Smith Machine

Seated Row

Multi-gym

Leg Extension

Leg Curl

Dumb Bells

Fit Balls

Medicine Balls



South of Perth Yacht Club  
Inc.

**GYMNASIUM**

South of Perth Yacht Club's Gymnasium caters to everyone. The gym's fantastic facilities include all the necessary equipment to facilitate your workout.

Our emphasis is to provide an appropriate atmosphere for your total workout experience.



South of Perth  
Yacht Club

**GYMNASIUM**



**SOUTH OF PERTH YACHT  
CLUB INC.**



Coffee Point  
Applecross WA 6153  
Ph: 9364 5844  
Fax: 9364 5184

## Gym Services

### PERSONAL TRAINING

**\$49.50 per hour**

Our personal trainer will provide you with one on one workouts specifically designed to achieve your fitness goals as quickly and efficiently as possible.

You will find that our personal trainer will help you to not only look better, but feel great! And, by working with a qualified personal trainer, you can achieve the difference between working out day after day and not making any progress to obtaining the shape that you have only dreamed of having!

Whatever your goals we can work with you to put all the pieces together in achieving your goal safely and effectively.

To book an appointment:

Contact Bob in person at the gym Monday, Wednesday or Thursday 11am-2pm or call 0407 084 875.

## Why not try one of our specific training programs?

All programs include 3 x 1hr sessions and run for a period of 10 weeks...

### Circuit Training (min 12)

**\$210.00**

This program focuses on weight loss to achieve the results you want . 3 One hour sessions a week will

### SAILING DEVELOPMENT (min 15)

**\$360 (30 Sessions)**

Maybe you are in training for a national championship? Or just want to improve your sailing fitness? An intense program, activities are specifically tailored to your sailing needs.

### GROUP PROGRAMMES (min 12)

**\$210.00**

These programs focus on:

Strength, Flexibility and Osteo. They are specifically tailored to these requirements.

## Personal Trainer

### Bob Pavone

Bob has extensive experience providing exercise programs for a variety of athletes from a broad spectrum of backgrounds.

Including training Commonwealth & Olympic athletes, WAFL footballers & SAS troops.

An experienced trainer Bob has many skills that can assist you with your fitness goals at the South of Perth Yacht Club Gymnasium.

Bob will be at the Gym in person every Monday, Wednesday, Thursday from 11am till 2pm if you wish to come past and discuss your plans and goals. Alternatively he can be contacted on 0407 084 875.

