

# WHAT ELSE CAN YOU DO?

# MEMBERSHIP OPTIONS

# YMCA FITNESS GISBORNE

## GYM CONCESSIONS

Adult 10 visits.....\$80  
 Student 10 visits.....\$60  
*(Gym concession cards have a 3 months expiry)*

## EASY PAY DIRECT DEBIT 12 MONTH MEMBERSHIP

\$12.95 upfront then  
 \$12.95 per week for minimum 12 months*(T's & C's Apply)*

## TERTIARY STUDENT HOLIDAY RATE

\$50 for the first 2 weeks then  
 \$25 per week after that.

## LES MILLS GROUP FITNESS PROGRAMME

Go Les Mills/Gym unlimited (min 3 month).....\$27/wk  
 Prepay Les Mills/Gym (no contract).....\$35/wk

Go Les Mills Classes only (min 3 month).....\$22/wk  
 Prepay Les Mills Classes (no contract).....\$30/wk

## LES MILLS CASUAL / CONCESSION CARD

Casuals.....\$10/class  
 Student/Green Prescription.....\$6/ class  
 Concession Cards.....\$36 (6) or \$72 (12)  
*(Les Mills concession cards have a 6 week expiry)*

## ADULT OPTIONS

12 month .....\$495  
 6 month .....\$360  
 3 month .....\$275  
 1 month .....\$119

## CASUAL OPTIONS

Casual adult.....\$10  
 Casual student.....\$7

## SENIOR & STUDENT OPTIONS

12 months.....\$330  
 6 months.....\$180  
 3 months.....\$119

## GREEN PRESCRIPTION OPTIONS

Casual Tues/Thursday 9am-12pm.....\$4  
 Casual anytime.....\$5  
 3 month membership.....\$119

## EASY PAY DIRECT DEBIT 6 MONTH GRX

\$10 upfront then weekly payments of \$10  
*(Minimum term 6 months Terms & conditions apply)*



## YMCA FITNESS GISBORNE







CORNER CHILDERS & ROEBUCK ROADS GISBORNE  
 PH: 06 867 9259

[www.ymcagisborne.org.nz](http://www.ymcagisborne.org.nz)



**Monday-Friday 5am-9:30pm**  
**Saturday-Sunday 7am-2pm**

# Les Mills & Group Fitness timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	LES MILLS <b>sprint</b> 	LES MILLS <b>RPM</b> 	LES MILLS <b>RPM</b> 	LES MILLS <b>sprint</b>	LES MILLS <b>RPM™</b> 		
6:30am	<b>metafit.</b> BODYWEIGHT TRAINING			<b>meta</b> <b>PWR</b>			
8:30am						LES MILLS <b>GRIT</b> <b>CARDIO</b>	LES MILLS <b>RPM™</b>
9:00am						LES MILLS <b>BODYPUMP</b> 45'	
9:00am	LES MILLS <b>RPM™</b> Mobility 101	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>sprint</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>RPM™</b>		
9:30am			LES MILLS <b>BODYBALANCE</b>				
9:45am							LES MILLS <b>BODYBALANCE</b>
10:00am	PrYme Movers	LES MILLS <b>SH'BAM</b>			PrYme Circuit		
10:30am				Tai Chi			
11:00am	Heart Moves						
12:15pm	LES MILLS <b>GRIT</b> <b>STRENGTH</b>	LES MILLS <b>sprint</b>	<b>meta</b> <b>PWR</b>	<b>metafit.</b> BODYWEIGHT TRAINING	LES MILLS <b>GRIT™</b> PLYO		
4:45pm		LES MILLS <b>RPM™</b>		LES MILLS <b>sprint</b>			
5:00pm	<b>GRIT</b> CARDIO		LES MILLS <b>GRIT™</b> <b>STRENGTH</b>		LES MILLS <b>CXWORX</b>		
5:30pm	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYATTACK</b> 30'	LES MILLS <b>sprint</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>sprint</b>		
5:45pm		<b>BOX FIT</b> 	<b>metafit.</b> BODYWEIGHT TRAINING	<b>BOXFIT</b> 			



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