

WEEKLY OPTIONS

UP FRONT OPTIONS

YMCA FITNESS GISBORNE

EASY PAY DIRECT DEBIT 12 MONTH MEMBERSHIP

\$12.95 upfront then

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

(24/7 access available)

TERTIARY STUDENT HOLIDAY RATE

\$50 for the first 2 weeks then

\$25 per week after that.

LES MILLS/GYM WEEKLY OPTIONS

Go Les Mills/Gym unlimited (min 3 month).....\$27/wk

Prepay Les Mills/Gym (no contract).....\$35/wk

LES MILLS CLASSES WEEKLY OPTIONS

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)

EASY PAY DIRECT DEBIT 6 MONTH GRX

\$10 upfront then weekly payments of \$10

(Minimum term 6 months Terms & conditions apply)

ADULT OPTIONS

12 month\$495

6 month\$360

3 month\$275

1 month\$119

CASUAL OPTIONS

Casual adult.....\$10

Casual student.....\$7

GYM CONCESSIONS

Adult 10 visits.....\$80

Student 10 visits.....\$60

SENIOR & STUDENT OPTIONS

12 months.....\$330

6 months.....\$180

3 months.....\$119

1 month.....\$65

TERTIARY 24/7 SUMMER SPECIAL

Nov-Feb \$65 per month + \$15 FOB KEY

GREEN PRESCRIPTION OPTIONS

Casual Tues/Thursday 9am-12pm.....\$4

Casual anytime.....\$5

3 month membership.....\$119



YMCA FITNESS GISBORNE

CORNER CHILDERS & ROEBUCK ROADS GISBORNE

PH: 06 867 9259

www.ymcagisborne.org.nz












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Monday-Friday 5am-8:00pm

Saturday-Sunday 8am-1pm

Dec 17 / Jan 18 Les Mills Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	LES MILLS sprint 	LES MILLS RPM 	LES MILLS RPM 	LES MILLS sprint 	LES MILLS RPM™ 		
6:30am							
8:00am						LES MILLS GRIT	
8:30am						LES MILLS BODYPUMP 	LES MILLS RPM™ 75 Min
9:00am	LES MILLS RPM™	LES MILLS BODYPUMP	LES MILLS sprint	LES MILLS BODYPUMP 	LES MILLS RPM™		
9:30am			LES MILLS BODYBALANCE	LES MILLS CXWORX			
9:45am							LES MILLS BODYBALANCE
12:15pm	LES MILLS GRIT™ STRENGTH	LES MILLS sprint		LES MILLS RPM™ 	LES MILLS GRIT™ PLYO		
4:45pm		LES MILLS RPM™		LES MILLS sprint			
5:00pm	GRIT CARDIO		LES MILLS GRIT™ STRENGTH		LES MILLS CXWORX		
5:30pm	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS sprint	LES MILLS BODYPUMP	LES MILLS sprint		
5:45pm		BOX FIT 		BOX FIT 			
6:00pm		LES MILLS CXWORX	metafit™ BODYWEIGHT TRAINING				
6:30pm	LES MILLS SH'BAM			LES MILLS BODYBALANCE			



YMCA

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