

# WEEKLY OPTIONS

## 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)

# UP FRONT OPTIONS

## 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



## YMCA FITNESS GISBORNE

CORNER CHILDERS & ROEBUCK ROADS GISBORNE

PH: 06 867 9259

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








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us on



Monday-Friday 5am-8:00pm

Saturday-Sunday 8am-1pm

# Starting February 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	LES MILLS <b>sprint</b> 	LES MILLS <b>sprint</b> 	LES MILLS <b>RPM</b> 	LES MILLS <b>sprint</b>	LES MILLS <b>RPM™</b> 		
6:30am				meta <b>PWR</b>			
8:00am						LES MILLS <b>GRIT</b>	
8:30am						LES MILLS <b>BODYPUMP</b> 	LES MILLS <b>RPM™</b> 75 Min
9:00am	LES MILLS <b>RPM™</b>	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>
12:15pm	LES MILLS <b>GRIT™ STRENGTH</b>	LES MILLS <b>sprint</b>	LES MILLS <b>RPM™</b>	SH1FT	LES MILLS <b>GRIT™ PLYO</b>		
4:30pm	SH1FT						
4:45pm		LES MILLS <b>RPM™</b>		LES MILLS <b>sprint</b>			
5:00pm	LES MILLS <b>GRIT™ CARDIO</b>		LES MILLS <b>GRIT™ STRENGTH</b>		LES MILLS <b>CXWORX</b>		
5:30pm	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>sprint</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>sprint</b>		
5:45pm		<b>BOX FIT</b> 		<b>BOX FIT</b> 			
6:00pm			metafit™ BODYWEIGHT TRAINING				
6:30pm	LES MILLS <b>SH'BAM</b>			LES MILLS <b>BODYBALANCE</b>			



**YMCA**

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