

WEEKLY OPTIONS

GYM WEEKLY (T'S & C'S)

12 Month Contract (DD) \$12.95 per week

No contract (DD) \$16.95 per week

LES MILLS WEEKLY (T'S & C'S)

3 Month Contract (DD) \$18.95 per week

LES MILLS & GYM WEEKLY (T'S & C'S)

3 Month Contract (DD) \$20.95 per week

No contract (OTC) \$25.00 per week

GREEN PRESCRIPTION -GRX (T'S & C'S)

6 Month Contract (DD) \$10.00 per week

UP FRONT OPTIONS

ADULT OPTIONS

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

SENIOR & STUDENT OPTIONS

12 months.....	\$360
6 months.....	\$195
3 months.....	\$125
1 month.....	\$65

GREEN PRESCRIPTION OPTIONS

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

GYM/LES MILLS CASUAL OPTIONS

Casuals.....	\$10
Student/Green Prescription.....	\$7
1 week casual.....	\$25

YMCA FITNESS GISBORNE



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CORNER CHILDERS & ROEBUCK ROADS GISBORNE
PH: 06 867 9259

www.ymcagisborne.org.nz



Monday-Friday 5am-8:00pm
Saturday 8am-1pm
Sunday 8am-11am

Starts April 1st 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	LES MILLS RPM™ EXPRESS 	LES MILLS sprint 	LES MILLS RPM 	LES MILLS RPM™ EXPRESS	LES MILLS sprint 		
8:00am						LES MILLS GRIT™ STRENGTH	
8:30am							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				
9:45am							LES MILLS BODYBALANCE
12:15pm	LES MILLS GRIT™ STRENGTH	LES MILLS sprint	LES MILLS CXWORX	LES MILLS RPM™ EXPRESS	LES MILLS GRIT		
4:30pm							
4:45pm		LES MILLS RPM™		LES MILLS sprint			
5:00pm	LES MILLS GRIT™ CARDIO		LES MILLS GRIT™ STRENGTH		LES MILLS CXWORX		
5:30pm	LES MILLS 45' BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS sprint	LES MILLS GRIT™ ATHLETIC	LES MILLS sprint		
6:00pm				LES MILLS BODYBALANCE			
6:30pm							



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