

# UWA Staff Corporate Fitness Program/Package Options

Program/Package	Duration	Cost	Includes	Venue
<b>Unlimited UWA Staff Corporate Fitness Membership</b>	12 months	\$20/week (less if salary packaging)	<b>Fitness Appraisal.</b> View Fitness Appraisal details.	UWA Staff Corporate Fitness Studio, UWA Watersports Complex
			One <b>Personal Training Session</b> per week for 50 weeks (note: up to 4 clients per session). View Personal Training Session details.	UWA Staff Corporate Fitness Studio, UWA Watersports Complex
			Entry to any <b>UWA Recreation &amp; Fitness Centre Group Fitness Class</b> (note: up to 52 different classes per week). View list of classes and timetable.	UWA Recreation & Fitness Centre Group Fitness Studios 1 & 2
			Entry to any <b>UWA Staff Corporate Group Fitness Class</b> (classes include Flex & Flow, Zone & Tone, Total Conditioning)	UWA Staff Corporate Fitness Studio, UWA Watersports Complex
			Free <b>Court Hire*</b> . More information.	UWA Recreation & Fitness Centre
<b>UWA Recreation &amp; Fitness Centre Membership</b>	12 months	From \$8/week (salary packaging not available)	<b>Fitness Appraisal.</b> View Fitness Appraisal details.	UWA Recreation & Fitness Centre
			Access to <b>UWA Fitness Centre</b> including cardio equipment, free weights & heavy weights room. More information on facilities & equipment.	UWA Recreation & Fitness Centre
			Entry to any <b>UWA Recreation &amp; Fitness Centre Group Fitness Class</b> (note: up to 52 different classes per week). View list of classes and timetable.	UWA Recreation & Fitness Centre Group Fitness Studios 1 & 2
			Free <b>Court Hire*</b> . More information.	UWA Recreation & Fitness Centre
<b>Personal Training Package (10 sessions)</b>	10 weeks	\$50/week (less if salary packaging)	One <b>Personal Training Session</b> per week for 10 weeks (note: up to 4 clients per session). More information.	UWA Staff Corporate Fitness Studio, UWA Watersports Complex
<b>Group Fitness Class Package (10 sessions)</b>	10 weeks	\$20/week (salary packaging not available)	Entry to one <b>UWA Staff Corporate Group Fitness Class</b> per week for 10 weeks. Choose from Flex & Flow, zone & Tone and Total Conditioning.	UWA Staff Corporate Fitness Studio, UWA Watersports Complex

\* Conditions apply.

**Please note: Prices are based on UWA Staff being current UWA Sport Association Members (\$50/annually).**