

UWA Staff Corporate Fitness Program Options

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

For more information visit www.sport.uwa.edu.au/corporate_fitness or email corpfit@sport.uwa.edu.au.