

MEMBERSHIP PRICE LIST

At Physical Fix we offer numerous types of memberships, classes and PT Sessions. We have a fully operational 24 hour gym full of equipment such as Hammer Strength, Precore, Life Fitness and Matrix. We also have a functional fitness training space.

WE OFFER

- 24 Hour Gym
- Group Classes
- Personal Training
- Bootcamps
- KidZone Creche
- Personalised Gym Programs
- KidsFit Programs
- SHRED Programs
- Smoothie Bar
- Supplement Shop
- Corporate Training
- Body Scans

PT SESSIONS

30 min - **\$50**
2+ people in a 30 min PT - **\$30 each**

CASUAL ENTRY

Gym - **\$25**
Classes - **\$25**

GYM ONLY

\$16.25 weekly
\$70.50 monthly
\$29.95 sign-up fee payable upfront

PRO MEMBERSHIP

Gym & Unlimited Classes plus access to the pro app
\$52.50 weekly
\$29.95 sign-up fee payable upfront


CLASS PACKS

\$25 trial week of classes - one off offer
5 Class pack **\$90**
10 Class pack **\$160**
Packs have a 3 month expiry

CRECHE PACKS

Non-refundable
10 pack - **\$37.50**
20 pack - **\$75**



Judges Choice Award for Personal Services
People's Choice Award for Personal Services
 New Business of the Year Award

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GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 AM	CARDIO	RAW	SRC	TICK TOCK	FUNCTIONAL	
6:00-7:00 AM						SRC
9:00-9:45 AM	CARDIO	RAW	SRC	TICK TOCK	FUNCTIONAL	
5:30-6:15 AM	RAW	SRC	TICK TOCK	FUNCTIONAL		

Cardio A high-energy class that caters for everyone. Helps improve your overall fitness, tone your body, and improve coordination, strength, agility, and endurance.

Raw Circuit training. Mixture of weights, cardio, strength and endurance. A high intensity workout for a mix of all fitness levels.

Tick Tock High intensity training always working for time. Intense bursts of exercise, followed by short, sometimes active recovery periods.

Functional High intensity training session designed around functional body movements.

SRC Strength, Reps and Conditioning. A WOD (work out of the day) style of training. High intensity workout for all fitness levels.

KIDZONE Opening hours:
 Monday-Friday 8:45-10:00am

PLEASE BOOK FOR
 GROUP CLASSES &
 KIDZONE CRECHE