

Welcome to Xclusive Female Fitness

Our aim is to help you achieve your health and fitness goals, whether it is weight loss, toning or general fitness. If your goal is more specific our qualified staff can still help, simply talk to us. Only 9% of women regularly exercise. Your commitment to regular exercise will guarantee your health in the future by reducing your weight and stress as well as increasing your strength and energy. During the first few weeks of your membership you might find it harder than you expected to adjust to the physical effects of regular exercise. This is usual and is experienced by us all when we start exercising. The good news is that it gets easier. So don't give up.

Planning and Motivation

Planning your training time in advance is extremely important. If you don't plan your weekly exercise routine e.g. putting your visits in a diary or a notice/timetable on the refrigerator - then you are most likely to find you don't have the time to exercise because other things will get in the way .

Personal Training

We can also keep you motivated to achieve your fitness goal through our personal training. We offer great deals for one on one training memberships which include *Free* use of the gym & classes, see reception for more information. Personal training may be used for fitness testing and assessment, dietary advice and analysis, updating your exercise program or simply exercising with a personal trainer of your choice to improve your technique and motivation. You do not have to be fit to do personal training- this is a misconception that most members have unfortunately and is the complete opposite reason as to why starting with a personal trainer from the beginning will benefit you and your health.

Group Fitness Classes

We do not require bookings for classes unless specified by management for special events or new launches. All classes are included in your membership unless specified by management. We encourage members to participate in the group fitness classes and remind you to support the classes you enjoy in order to keep them running. You must arrive to the class on time. There is always first timers in every class so don't be scared our qualified instructors are there to help you.

Lockers/Membership cards

If you would like the use a locker simply ask for one at the same time you scan in at reception to enter the gym. Lockers are complimentary and keys must be handed back at the end of your work out. If you loss your membership tag it will cost \$10 to replace it.

Parking

Parking is most convenient on Alice Street either side of Rocky Point Road and both streets running parallel to Alice St always have plenty of parking. **REMEMBER** If you have to walk an extra 2minutes to the gym think of it as part of your warm up every bit of exercise counts. The area directly behind the Club is reserved for staff and members are only permitted to park in the last 4 spaces closest to the fence. Please be advised ***we request you park all the way in to allow other members to park behind you. If you choice to park their please advice the reception staff so we know where to find you if you are needed to move your car.*** We also ask you please stay mindful of our local residents along Alice St, watch you're **NOT BLOCKING** their driveways during

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peak times or moving their bins on rubbish day onto the road or in their driveways as the rangers do fine for this offence.

Child Minding - Crèche

This is a service offered to all members of the centre. There is a fee of \$3.50 per child for casual. The Kids Club may be used only during the hours set out on our timetable. Members must sign in & out children every visit. Members are not permitted to leave children in the care of crèche under any circumstances once you leave the premises.

PLEASE NOTE: EVENING RATE \$3.50 PER CHILD, BOOKINGS REQUIRED FOR 4:30PM - 7:30PM SESSION. ALL BOOKINGS NEED TO BE MADE BY 2PM DAILY FOR SAME DAY CALL 95831363

Refer a Friend

Would you like to receive free time on your membership? Simply refer a friend or family member by completing our referral form and we will invite them in for a free visit. Should your friend or family member decide to join the club, we will give you 2 weeks complimentary extension on your current membership* for your introduction to our club.

We hope you enjoy our centre. Remember, it is meant to be fun.

Rules and Regulations

1. Training in the gym is limited to members only.
2. Each Member must scan their membership to gain entry.
3. Management reserves the right at will to refuse entry or remove any person to or from the fitness centre regardless of whether they are a current member.
4. Towels are compulsory when using the equipment at all times without exception & are available to hire at reception for \$2.50 if required.
5. Appropriate hygiene should be practiced when training e.g. deodorant to be worn at all times, wiping down equipment after use, using hand sanitizer provided before & after touching equipment.
7. Children are not permitted in any other areas of the fitness centre other than the kids club during kid's club hours only.
8. Membership is not refundable. Membership tags remain the property of the fitness centre.
9. Weights and equipment must be put away after use in correct piles. Weights should not be thrown or dropped when being used.
10. Always ask staff on floor or at reception if you DO NOT know how to use a piece of equipment or are unsure of how it should be used.
11. Proper gym attire should be worn while training & using equipment including correct footwear at all times unless specified by instructor.

Cardio Room Rules

1. Max 20mins on a piece of machine when the gym is really busy and if there is no other machines the same available. Continued use of the same piece of equipment after 20 minutes is permitted provided there is a similar piece of equipment not being used.
2. Do not touch air cons, fans, blinds, TV screens under any circumstances. Only staff is to control these.