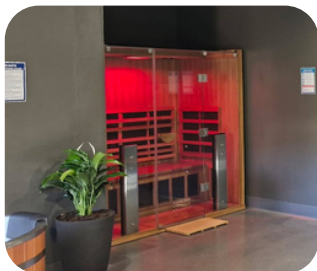


OUR AMENITIES

CLEARLIGHT INFRARED SAUNA

Our sauna is set to 65° but is completely adjustable to suit your needs



KIVA ICE BATH

Our Ice Bath is currently set to 8°. If you're wishing for a colder temperature, just speak to reception



HOT & COLD SHOWERS

Our Recovery Room has two hot & cold showers just for those using the Recovery Room



Here at the SCU Fitness Centre & Pool, all these amenities are located in our semiprivate communal Recovery Room.

HEALTH & WELLNESS BENEFITS

Experience the powerful combination of heat and cold therapy to support recovery, relaxation, and overall wellbeing. Infrared sauna sessions help promote circulation, ease muscle tension, reduce stress, and encourage deep relaxation, while ice baths may assist with reducing post-exercise soreness, enhancing recovery, and boosting mental resilience. Together, they create contrast therapy, a rejuvenating wellness experience that leaves you feeling refreshed, recharged, and ready to perform at your best.



Some Key Health Benefits

- Eases Sore Muscles & Joint Pain Relief
- Improves Body Circulation
- Cleansing & Detoxication of Skin
- Improves Mood & Sleep



RECOVERY ROOM

Unwind • Recover • Revitalise

Unwind, recover, and revitalise with the powerful combination of infrared heat and cold immersion. The perfect space to support recovery, relaxation, and overall wellbeing.

RECOVERY ROOM MEMBERSHIPS

CASUAL VISIT

\$20

MEMBER DIRECT DEBIT (FORTNIGHTLY)

\$30

NON-MEMBER DIRECT DEBIT (FORTNIGHTLY)

\$50

PACK OF 10 CASUAL VISITS

\$150

All direct debits are debited fortnightly and have a minimum term of 3 months. Only non-members will incur a \$20 joining fee.

The 10 Pack of Casual Visits is valid for 1 year from purchase date.

WHAT TO BRING

When entering our Recovery Room, make sure to bring a towel, two towels if you're using the infrared sauna as you will need a dry towel to sit on, and a water bottle to stay hydrated.

CLOTHING

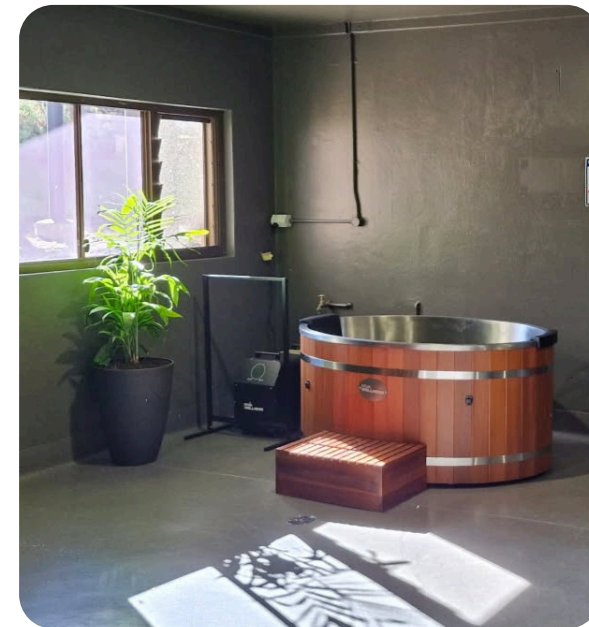
Make sure to wear appropriate clothing within the Recovery Room. Swimwear and loose clothing is recommended.

SHOWERING

Before entering the sauna and ice bath, we ask that you shower. This protects the amenities by removing any dirt, unnecessary oils, sweat, moisturisers, makeup, etc. We also ask that you completely dry off before entering the sauna, to not damage the wood.

TIMES & CAPACITY

The times for the Recovery Room are in 30 minute blocks. Within those blocks, there is 30 minutes to use the sauna, with a booking capacity of 2 people, and three 10 minute sessions for the ice bath with a capacity of 1 person. The time slots are set, and can be viewed on the GymMaster app or you can ask our friendly team members at the reception desk.



OPERATING HOURS & BOOKING

Monday - Thursday
6am - 6:30pm

Friday
6am - 6pm

Saturday
7:30am - 11AM

Sunday
Closed

Booking

Bookings can be made through the GymMaster app or through our reception. Call, email or speak to one of our friendly team members about booking today!