

# OUR FACILITY & SERVICES

Life fitness/hammer strength/Cybex plate loaded and pin loaded strength equipment

designated functional training room

Designated cycle room

Infrared sauna

Fully air conditioned facility

Free weights

33m indoor heated swimming pool

40+ group fitness classes every week:

*Les Mills group fitness classes*

*Yoga, Pilates, Aqua Aerobics, Cycle*

*Bootcamps, Boxing & HIIT classes*

Personal training packages

Online bookings and payment processing through the GymMaster App

And so much more to explore....



**Southern Cross  
University**



# LES MILLS



**Southern Cross  
University**

# FITNESS CENTRE & POOL

We are open! **24/7**

Facility Manned Hours:

**Monday - Thursday** 6:00am - 8:00pm

**Friday** 6:00am - 7:00pm

**Saturday** 7:00am - 1:00pm

**Sunday** Closed

**Southern Cross University, Lismore Campus**  
**1B Military Road EAST LISMORE NSW**

**P:** 02 6620 3952 | **E:** gym@scu.edu.au

**W:** scu.edu.au/scu-fitness-centre-and-pool/

## VIP MEMBERSHIPS

Paid in Full

Types	Concession	General
Casual Visit	\$15	\$18
3 Month	\$200	\$220
6 Month	\$380	\$400
12 Month	\$650	\$750

Direct Debit (Fortnightly)

SCU Student	Concession	General
\$19.90	\$26.20	\$32.50

## 24 HR ACCESS

<b>24hr Access</b>	\$45
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**DIRECT DEBITS:** All direct debit memberships are debited fortnightly, have a minimum term of 6 months, and will incur a \$20 joining fee, prorata & a one off loading fee of \$2.43.

## POOL MEMBERSHIPS

Paid in Full

Types	Concession	General
Casual Visit	\$5	\$6
3 Month	\$75	\$100
6 Month	\$143	\$182
12 Month	\$260	\$312

Direct Debit (Fortnightly)

Concession	General
\$10	\$14

## CASUAL PASSES

Casual Pass	Concession	General
Pool Pass	\$40	\$50
VIP Pass	\$120	\$150

Casual passes allow for 10 visits to the facility.

## 8 WEEK PROGRAMS

8 Week Program	Paid in Full	Direct Debit
Solo	Base = \$300	Base = \$75
Buddy	Base = \$250	Base = \$63
Fitness Passport	Base = \$250	Base = \$63
Fitness Passport Buddy	Base = \$200	Base = \$50

Base = 1 x weekly 1/2 hour PT session  
Includes VIP access, with unlimited access to the gym, pool and all of the Group Fitness classes.

## INFRARED SAUNA PASSES

Visits	Member	Non-Member
1 Visit	\$15	\$25
3 Visits	\$30	\$60
10 Visits	\$100	\$150