

OUR FACILITY & SERVICES

Life fitness/hammer strength/Cybox 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

30+ group fitness classes every week:

Les Mills group fitness classes

Yoga, Pilates, Aqua Aerobics, Cycle

Bootcamps, & HIIT classes

Online bookings and payment processing through the GymMaster App

And so much more to explore....



Southern Cross University

Fitness Centre and Pool



Southern Cross University

Fitness Centre and Pool

Facility Manned Hours:

| | |
|--------------------------|-----------------|
| Monday - Thursday | 5.30am - 7:30pm |
| Friday | 5.30am - 7:00pm |
| Saturday | 7:00am - 12pm |
| Sunday | Closed |

24/7 Access Available



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/

GYM ONLY 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)

| Concession | General |
|------------|---------|
| \$26.20 | \$32.50 |

WELLNESS PACKAGE

Direct Debit (Fortnightly)

| | |
|------------------|------|
| Wellness Package | \$30 |
|------------------|------|

24 HR ACCESS

Only available for members 18yr+.

| | |
|-------------|------|
| 24hr Access | \$45 |
|-------------|------|

POOL ONLY MEMBERSHIPS

Paid in Full

| Types | Concession | General |
|--------------|------------|---------|
| Casual Visit | \$5 | \$6 |
| 3 Month | \$105 | \$135 |
| 6 Month | \$180 | \$215 |
| 12 Month | \$325 | \$375 |

Direct Debit (Fortnightly)

| Concession | General |
|------------|---------|
| \$14 | \$17 |

CASUAL PASSES

| Casual Pass | Concession | General |
|-------------|------------|---------|
| Pool Pass | \$45 | \$55 |
| GYM Pass | \$120 | \$150 |

Casual pool & Gym passes allow for 10 visits.

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.

PREMIUM MEMBERSHIPS

Paid in Full

| Types | Concession | General |
|----------|------------|---------|
| 3 Month | \$260 | \$290 |
| 6 Month | \$499 | \$545 |
| 12 Month | \$845 | \$950 |

Direct Debit (Fortnightly)

| Concession | General |
|------------|---------|
| \$34 | \$40 |

INFRARED SAUNA PASSES

| Visits | Member | Non-Member |
|-----------|--------|------------|
| 1 Pass | \$15 | \$25 |
| 3 Passes | \$30 | \$60 |
| 10 Passes | \$100 | \$150 |