

MAJOR SPONSOR OF THE ERNA HAWKS!



GREAT REASONS TO RENEW OR JOIN THE FITNESS EDGE



FULL-TIME & QUALIFIED EXERCISE SPECIALISTS

Free training programmes when you join for 3 months or more. Personal Trainers available. Friendly, motivating environment.



EASY ACCESS & 24/7 TRADING HOURS

Accommodate your 'Work Life Balance'. Covered parking available in our 5-storey carpark. Close to public transport.



FLEXIBLE MEMBERSHIP OPTIONS

3 months, 6 months, 12 months & 20 visit passes. Off-peak, weekend and Swim-Only options. Junior memberships available.



EXTENSIVE GROUP FITNESS TIMETABLE

Over 60 group fitness classes weekly, including Les Mills classes, Pilates and Yoga.



25-METRE HEATED INDOOR POOL

Aqua Group Fitness classes. Disabled access including waterproof wheelchair.



STATE-OF-THE-ART EQUIPMENT

A wide variety of top of the range cardio machines. Bluetooth your phone or tune into your favourite TV shows or radio stations.



WEIGHTS ROOMS

Two weights rooms fitted out with the latest resistance training machines. Selection of free weighted and functional training equipment. * Staff supervision on gym floor.



COMPLIMENTARY CHILD MINDING & CRECHE

For children aged 3 months to 5 years. School holiday activities for 5 - 12 years.

THE FITNESS EDGE



02 9808 7633

YOUR HEALTH FITNESS & AQUATIC CENTRE



W www.thefitnessedge.com.au