

REDEVELOPMENT STARTS MARCH 1! Doors re-open March 22

ALL memberships will be frozen during the temporary closure.

Keep up your training! ... complimentary outdoor classes will be held during the re-development!

Personal Trainers will be available for individual work on the outside grounds if you desire. Call to enquire.

What to expect:

- Continued **low** prices! Easy term memberships.
- Extended hours coming shortly after our re-launch.
- Completely new 160 piece **Life Fitness** equipment fit-out, featuring the top of the line *Engage Series* treadmills.
- New 21st century floor surfaces designed for the fitness industry.
- Brand new large *Mind~Body* studio.
- A comprehensive Group Fitness Program (over 50 classes and growing)
- All new state of the art sound systems in every room.
- New Cycling studio featuring *Keiser M3* bikes.
- Improved and more convenient Crèche upstairs in *Wobbygongs*.
- Re-design of the interior areas of the Centre, maximising space for all members.
(*Ladies only area will now be absorbed into the centre allowing an additional one third of total space for all members to use, stretch areas will be better sectioned, individual personal training areas will expand*).
- More technical staff and Personal Trainers on hand to assist you.

SHARKS
fitnesscentre

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