

## Costs

Personal Training Sessions*	Single session Members/Non Members	5 x Session Voucher Members/Non Members
30mins	\$40/\$50	-
45mins	\$55/\$75	\$275/\$375
Youth session ^	\$36	-
Programs/ Assessments	Initial Program Members/Non Members	Re-assessment Members/Non Members
Personalised Program	\$55/\$90	\$40/\$40

\*Personal Training Session fees include entry into the gym/hall or other Kiama Leisure Centre facilities.

^Youth sessions: must be 16yrs or under

## Silver Membership

Includes use of the gymnasium, electronic machines, circuit, aerobic classes, pilates and locker, 50% off selected school activities in gym, discount on personal fitness programs. See Membership Terms & Conditions (family membership only).

Single	Full	Conc.*	Off Peak	Off Peak Conc.*	Student#
Monthly *	\$61.80	\$52.65	\$49.60	\$42.30	\$31.30
1 Year	\$732	\$622	\$585.60	\$497.60	\$366
Family	Full	Conc.*	Off Peak	Off Peak Conc.*	
Monthly *	\$148.80	\$130.50	\$119.20	\$104.55	
1 Year	\$1776	\$1556	\$1420.8	\$1244.8	

## Gold Membership

Includes swim, spa, sauna, use of the gymnasium, electronic machines, circuit, aerobic, pilates aqua-aerobic classes and locker. FREE selected school programs. See Membership Terms & conditions. Includes use of kick boards and back bubbles & a discount on personal fitness programs.

Single	Full	Conc.*	Off Peak	Off Peak Conc.*	Student#
Monthly *	\$76.40	\$65.00	\$61.30	\$52.15	\$38.20
1 Year	\$907	\$770	\$725.60	\$616	\$453.50

\*minimum 3 months – maximum 12 months. Fees subject to change at new financial year rollover

# Student memberships: full-time student identification and proof of residence must be provided. Residents of kiama local government area only. See Membership Terms & Conditions.

## Centre opening hours

**Monday to Thursday** 5.30am-9pm  
(Pool closes at 8.45pm)

**Friday** 5.30am-7pm (Gym open until 8pm)

**Saturday** 7am-5.30pm

**Sunday** 9am-5.30pm

**Public Holidays** 9am-4pm

**Closed** Christmas Day, Good Friday & Anzac Day

## Kids Korner

Child minding is available in Kids Korner while you enjoy a class, workout, pool, spa or sauna.

See the Kids Korner brochure for costs and session times.



## Contact us

1 Havilah Place, PO Box 75

Kiama NSW 2533

**Phone** (02) 4232 1877 **Fax** (02) 4233 1571

**Website** [kiama.nsw.gov.au](http://kiama.nsw.gov.au) **Email** [info@kiamalc.com.au](mailto:info@kiamalc.com.au)

Kiama Leisure Centre



# Personal Training

Support and motivation to achieve your fitness goals



Updated 17/12/2020

## About personal training

Want to get fit? Lose weight? Get stronger? Rehab an injury? Learn about health & fitness?

Then our personal training program is for you. If you're already a member with us, then it's cheaper per PT session – but never fear if you're not already a member, you can still train with us!

Our team of Personal Trainers have a wealth of experience and have been with the Leisure Centre for many years.

All our trainers are Fitness Australia registered, ensuring they're abreast of industry benchmarks and innovations.

The team of trainers offer a wide range of specialties between them so we can cater for everyone - from young to old – from fit to unfit.

We will help you set fitness goals and then work with you to achieve them.

If you want to see results – come see us!

## Services

### 1-on-1 sessions

Book in with one of our trainers, Pete, Dave or Dylan for your 1-on-1 PT session. Sessions range from 30 to 45 minutes.

### Personal fitness programming

We also offer personal fitness programs, tailored specifically for you.

Our programs will have timelines to achieve short term goals and long term goals to help keep you on track.

### Fitness assessments

Whether you sign up for 1-on-1 PT sessions or a personal fitness program, your fitness journey with us starts with a fitness assessment.

We test using a variety of techniques, to set your baseline for body fat percentage, strength, cardio, speed, power and flexibility.

Re-testing is available so you see the results and can keep track of your progress.



## Our Personal Trainers

### Pete Parkinson



**Specialties:** Sports Specific Training, Rehabilitation and Weight Loss

Pete is a well renowned local Personal Trainer with 20 years of experience getting people back on their feet and achieving their goals.

His motivational and friendly attitude, accompanied by his incredible background in sports training makes him a great asset to our team and your number one pick for sports fitness and rehabilitation.

Favourite quote: *"The past is your lesson. The present is your engine. The future is your motivation."*

### David Todd



**Specialties:** Boxing, Body Composition and Lifestyle Coaching

Dave has been with us for 11 years and has trained here since he was a teenager.

He employs a never give up attitude and will train you both mentally and physically, ensuring you will achieve things you never thought you could.

Dave preaches a balanced lifestyle to maintain long term results and his background in amateur boxing gives him a great foundation in teaching the sport, from boxing fitness all the way up to *"in the ring"* skills and techniques.

### Dylan Powell



**Specialties:** Weight Loss, Nutritional Support, Injury Prevention and Rehabilitation, Older Populations

Dylan has 10 years' experience as a fitness trainer, and cares deeply for our clients.

Dylan finds nothing more important than helping someone through an experience that builds confidence and happiness.

With a thorough background in injury prevention and rehabilitation accompanied by a great understanding in nutritional and metabolic conditions Dylan has an interest in focusing on exercise and mobility training for older populations.

He is passionate about providing long term, realistic goals and finding you a lifestyle you can live to the fullest, whilst looking and feeling great.

