# THE VALLEY GYM

# HOLISTIC APPROACH TO HEALTH AND FITNESS

📍 6 Old Coast Rd | Nambucca Heads

## OPERATION HOURS

| Monday - Friday | Saturday |
| --- | --- |
| 6am-7:30pm | 8am-12pm |

We do not open on Sundays and Public Holidays

## all participants in the gym must:

Carry a towel during workouts. Towels are available to hire if you forget - cost $2.00.

Remove personal belongings from pigeon holes at the end of each workout to make room for other gym users.

Visitors to the gym under the age of 16 are not to enter the weights room, unless under the direction of a qualified instructor.

Please consider others and wear appropriate clothing.

No midriff or crops permitted.

Unload bars and machines and replace all free weights and dumbbells after use.

Please do not enter weights area unless you are working out.

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🅕🅞 @thevalleygym

## Term Membership Options

| months | adult | concession |
|--------|-------|------------|
| 12 | $650 | $560 |
| 6 | $420 | $360 |
| 3 | $330 | $280 |

## Casual Visit

| | adult | concession |
|--------|-------|------------|
| Casual visit/ class | $12 | $10 |
| 10 visit pass (valid 2 months) | $100 | $80 |
| 20 visit pass (valid 3 months) | $180 | $150 |
| High School Casual (ID required) | | $8 |

## Easy-Pay Membership Options

| | adult | concession |
|--------|-------|------------|
| Monthly Fee | $69 | $59 |

### Initial Joining fee $45

Concession applies to government pension card holders and full time students only

### Easy-Pay Membership | Terms & Conditions

Fees for 12 months easy-pay option will be held constant over the 12 month period of the contract. However, any changes in GST charges will be passed on immediately.

This option may be continues for an addidtional 12 month period without payment of additional joining fees. We reserve the right to increase gym charges if requires at the start of each 12 month period.

Should you allow your monthly payments to lapse a rejoining fee of $45 will be charged to restart the membership option. However, if prior notice of absence is given, consideration will be given to freeze payments for a nominated period.

A $100 cancelation fee applies should you break your easy-pay membership.

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