

# HEALTH AND WELLNESS CENTRE

*Sky high 25m pool and state of the art  
facilities in the heart of the CBD*



*Members, their partners and children are welcome to join  
Tattersall's Club Health Centre.*

*Membership includes access to a range of fitness classes,  
personal trainers, modern fitness equipment, specially  
designed fitness programs and a 25m indoor pool.*

For more information phone 07 3331 8877 or email [healthcentre@tattersallclub.com](mailto:healthcentre@tattersallclub.com)

Tattersall's Health Centre App now available:

 [TattersallsHealthandWellnessCentre](https://www.facebook.com/TattersallsHealthandWellnessCentre)



## *Health and Wellness Centre Class Schedule:*

<b>Class</b>	<b>Day</b>	<b>Time</b>	<b>Cost</b>
SwimFit	Monday	12:30pm to 1:15pm	\$15
Boxing	Monday	6:00pm to 7:00pm	\$15
	Tuesday	6:30am to 7:30am	\$15
	Friday	6:30am to 7:30am	\$15
Yogaflow	Wednesday	12:30pm to 1:30pm	\$15
Pilates	Tuesday	12:30pm to 1:30pm	\$15
Running Group	Sunday	6:40am Meet at Main Entrance, City Botanical Gardens	\$8
Metafit	Monday	6:30am to 7am	\$10
	Tuesday	12.00pm to 12.30pm	\$10
	Thursday	6:30am to 7:00am	\$10

## *Monthly Membership Fees:*

<b>Category</b>	<b>Fees</b>
Health and Wellness Centre Member	\$41
Health and Wellness Centre Spouse/Partner	\$37
Health and Wellness Centre Spouse/Partner (Club Member not a Health Centre Member)	\$49
Family	\$101
Son/Daughter	\$49
Health and Wellness Centre Associate (monthly)	\$82
Locker	\$6

## *Casual Visits and Personal Training Rates:*

<b>Category</b>	<b>Fees</b>
Gym Casual Visit	\$20
Pool Casual Visit	\$10
Children (under 15 years) Must be accompanied by an adult - Pool only	\$5
30 Minute Personal Training Session	\$60
60 Minute Personal Training Session	\$90

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