

A man in a black tank top is seen from behind, lifting two large black dumbbells. He is in a gym setting with various pieces of equipment visible in the background. The lighting is dramatic, highlighting his muscles. The text 'UWSI' is overlaid in a large, white, serif font across the center of the image.

UWSI

SERVICES & PRICING
BROCHURE

THE BASICS

CLASSES

CASUAL CLASS	\$35	(28 DAY EXPIRY)
10 CLASS PASS	\$290	(12 MONTH EXPIRY)
20 CLASS PASS	\$520	(12 MONTH EXPIRY)
UNLIMITED MEMBERSHIP <small>*WEEKLY DIRECT DEBIT</small>	\$65PW*	(NO CONTRACT)

PRIVATE TRAINING*

CASUAL SESSION	\$90	(28 DAY EXPIRY)
10 SESSION PASS	\$800	(12 MONTH EXPIRY)
20 SESSION PASS	\$1400	(12 MONTH EXPIRY)

SEMI-PRIVATE TRAINING*

SESSION PRICE	\$40**	(UP TO 6 PEOPLE)
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**CAN BE PURCHASED IN BLOCKS OF 5, 10 OR 20

*PRIVATE & SEMI-PRIVATE TRAINING INCLUDE:

- ALL PRIVATE & SEMI-PRIVATE SESSIONS ARE 45 MIN
- UNLIMITED ACCESS TO INBODY BIO SCANS
- PROGRESSIVE TRACKING OF TRAINING PROGRAMS
- NUTRITIONAL GUIDANCE
- NUTRITIONAL ACCOUNTABILITY
- DIRECT ACCESS TO TRAINER / ACCOUNTABILITY COACH 24/7

UVSL

PACKAGE BUNDLES

8 WEEK

8 X PT + UNLIMITED GROUP MEMBERSHIP \$990 (SAVE \$250)

12 WEEK

12 X PT + UNLIMITED GROUP MEMBERSHIP \$1500 (SAVE \$360)

6 MONTH

24 X PT + UNLIMITED GROUP MEMBERSHIP \$3100 (SAVE \$620)

12 MONTH (THE YEAR OF CHANGE)

48 X PT + UNLIMITED GROUP MEMBERSHIP \$5995 (SAVE \$1445)

ALL PACKAGE BUNDLES INCLUDE:

- ALL PT SESSIONS ARE 45 MIN
- UNLIMITED ACCESS TO INBODY BIO SCANS
- PROGRESSIVE TRACKING OF TRAINING PROGRAMS
- WEEKLY TRAINING PROGRAM GUIDANCE
- NUTRITIONAL GUIDANCE
- NUTRITIONAL ACCOUNTABILITY
- DIRECT ACCESS TO TRAINER / ACCOUNTABILITY COACH 24/7

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MEMBERSHIP BUNDLES

1 X PRIVATE SESSION PER WEEK + UNLIMITED GROUP PER WEEK

1 X PT + UNLIMITED GROUP ACCESS
*WEEKLY DIRECT DEBIT

\$120PW* (SAVE \$35PW)

2 X PRIVATE SESSIONS PER WEEK + UNLIMITED GROUP PER WEEK

2 X PT + UNLIMITED GROUP ACCESS
*WEEKLY DIRECT DEBIT

\$180PW* (SAVE \$65PW)

ALL MEMBERSHIP BUNDLES INCLUDE:

- ALL PT SESSIONS ARE 45 MIN
- UNLIMITED ACCESS TO INBODY BIO SCANS
- PROGRESSIVE TRACKING OF TRAINING PROGRAMS
- WEEKLY TRAINING PROGRAM GUIDANCE
- NUTRITIONAL GUIDANCE
- NUTRITIONAL ACCOUNTABILITY
- DIRECT ACCESS TO TRAINER / ACCOUNTABILITY COACH 24/7

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STUDENT RATES

*MUST BE ABLE TO SHOW PROOF OF VALID STUDENT CARD

THE BASICS

CLASSES

CASUAL CLASS	\$30	(28 DAY EXPIRY)
10 CLASS PASS	\$250	(12 MONTH EXPIRY)
20 CLASS PASS	\$440	(12 MONTH EXPIRY)
UNLIMITED MEMBERSHIP	\$55PW*	(NO CONTRACT)

*WEEKLY DIRECT DEBIT

PRIVATE TRAINING*

CASUAL SESSION	\$80	(28 DAY EXPIRY)
10 SESSION PASS	\$650	(12 MONTH EXPIRY)
20 SESSION PASS	\$1150	(12 MONTH EXPIRY)

SEMI-PRIVATE TRAINING*

SESSION PRICE	\$30**	(UP TO 6 PEOPLE)
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**CAN BE PURCHASED IN BLOCKS OF 5, 10 OR 20

*PRIVATE & SEMI-PRIVATE TRAINING INCLUDE:

- ALL PRIVATE & SEMI-PRIVATE SESSIONS ARE 45 MIN
- UNLIMITED ACCESS TO INBODY BIO SCANS
- PROGRESSIVE TRACKING OF TRAINING PROGRAMS
- NUTRITIONAL GUIDANCE
- NUTRITIONAL ACCOUNTABILITY
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STUDENT PACKAGE BUNDLES

8 WEEK

8 X PT + UNLIMITED GROUP MEMBERSHIP \$850 (SAVE \$390)

12 WEEK

12 X PT + UNLIMITED GROUP MEMBERSHIP \$1275 (SAVE \$585)

6 MONTH

24 X PT + UNLIMITED GROUP MEMBERSHIP \$2550 (SAVE \$1170)

12 MONTH (THE YEAR OF CHANGE)

48 X PT + UNLIMITED GROUP MEMBERSHIP \$4995 (SAVE \$2445)

ALL PACKAGE BUNDLES INCLUDE:

- ALL PT SESSIONS ARE 45 MIN
- UNLIMITED ACCESS TO INBODY BIO SCANS
- PROGRESSIVE TRACKING OF TRAINING PROGRAMS
- WEEKLY TRAINING PROGRAM GUIDANCE
- NUTRITIONAL GUIDANCE
- NUTRITIONAL ACCOUNTABILITY
- DIRECT ACCESS TO TRAINER / ACCOUNTABILITY COACH 24/7

UVSL

STUDENT MEMBERSHIP BUNDLES

1 X PRIVATE SESSION PER WEEK + UNLIMITED GROUP PER WEEK

1 X PT + UNLIMITED GROUP ACCESS
*WEEKLY DIRECT DEBIT

\$109PW* (SAVE \$46PW)

2 X PRIVATE SESSIONS PER WEEK + UNLIMITED GROUP PER WEEK

2 X PT + UNLIMITED GROUP ACCESS
*WEEKLY DIRECT DEBIT

\$155PW* (SAVE \$90PW)

ALL MEMBERSHIP BUNDLES INCLUDE:

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- WEEKLY TRAINING PROGRAM GUIDANCE
- NUTRITIONAL GUIDANCE
- NUTRITIONAL ACCOUNTABILITY
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UVSL

BIOSCAN

UVSL utilises the INBODY 270 body composition analyser, which goes beyond traditional body composition analysis, measuring fat, muscle, and total body water. Total body water data can be divided into intracellular water and extracellular water, values important for understanding a user's fluid distribution in medical, wellness and fitness contexts.

BIOSCAN

MEMBER OR PASS HOLDER	\$10
NON-MEMBER	\$35
PRIVATE OR SEMI-PRIVATE CLIENT	INCLUSIVE



UVSL



THERAGUN G3 OVERNIGHT HIRE

Introducing the Theragun G3, UVSLs own percussive massage device. Enhance muscle recovery, release stress and tension, and soothe discomfort with the smart percussive therapy device in a league of its own.

POSSIBLE BENEFITS OF USING THE G3 PERCUSSION MASSAGER

- Total body recovery in 15 minutes
- Promotes overall range of motion
- Target each muscle group for 2 minutes to decrease post-workout soreness
- Prevents and breaks up adhesions
- Improves muscle coordination and mobility to prevent injury
- Natural, pill-free pain relief
- Relieves muscle spasms and replenishes energy through more hydrated muscles
- Better sleep
- Promotes better posture and body awareness
- Relieves body soreness from travel and jet-lag
- Replaces stretching in your daily routine

MEMBER OR PASS HOLDER

\$20 FOR OVERNIGHT HIRE

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