



Rehabilitation Memberships

2024-25 Financial Year

Rehabilitation memberships include entry for an accompanying Exercise Physiologist

Gym Rehabilitation

Includes access to Gym and selected Wellness Group Fitness Classes

Gym Rehab - 1 Month Upfront (30 Days)	\$225.00
Gym Rehab - 3 Months Upfront (90 Days)	\$580.00
Gym Rehab - 12 Months Upfront (365 Days)	\$1440.00

Pools Rehabilitation

Includes access to Hydrotherapy Pool, Penrith Pools, St Marys Pools, spa and sauna.

Pools Rehab - 1 Month Upfront (30 Days)	\$172.00
Pools Rehab - 3 Months Upfront (90 Days)	\$430.00
Pools Rehab - 12 Months Upfront (365 Days)	\$990.00

Full Facility Rehabilitation

Includes access to Hydrotherapy Pool, Penrith Pools, St Marys Pools, Gym, selected Wellness Group Fitness Classes, Spa and Sauna

Full Facility Rehab - 3 Months Upfront (90 Days)	\$780.00
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Wellness Group Fitness classes are low-intensity classes suitable for all abilities. E.g. Yoga. Class offerings may vary.