

# OUR FACILITY & SERVICES

Life fitness/hammer strength/Cybex plate loaded and pin loaded strength equipment

Designated functional training room

Designated cycle room

Infrared sauna

Fully air conditioned facility

Free weights

33m indoor heated swimming pool

30+ group fitness classes every week:

*Les Mills group fitness classes*

*Yoga, Pilates, Aqua Aerobics, Cycle*

*Bootcamps, & HIIT classes*

Online bookings and payment processing through the GymMaster App

And so much more to explore....



**Southern Cross University**

Fitness Centre and Pool



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Fitness Centre and Pool

Facility Manned Hours:

<b>Monday - Thursday</b>	6:00am - 8:00pm
<b>Friday</b>	6:00am - 7:00pm
<b>Saturday</b>	7:00am - 1:00pm
<b>Sunday</b>	Closed

## 24/7 Access Available



**Southern Cross University, Lismore Campus**  
**1B Military Road EAST LISMORE NSW**

**P:** 02 6620 3952 | **E:** gym@scu.edu.au  
**W:** scu.edu.au/scu-fitness-centre-and-pool/

## GYM ONLY MEMBERSHIPS

Paid in Full

Types	Concession	General
Casual Visit	\$15	\$18
3 Month	\$200	\$220
6 Month	\$380	\$400
12 Month	\$650	\$750

Direct Debit (Fortnightly)

Concession	General
\$26.20	\$32.50

## WELLNESS PACKAGE

Direct Debit (Fortnightly)

Wellness Package	\$30
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## 24 HR ACCESS

Only available for members 18yr+.

24hr Access	\$45
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## POOL ONLY MEMBERSHIPS

Paid in Full

Types	Concession	General
Casual Visit	\$5	\$6
3 Month	\$105	\$135
6 Month	\$180	\$215
12 Month	\$325	\$375

Direct Debit (Fortnightly)

Concession	General
\$14	\$17

## CASUAL PASSES

Casual Pass	Concession	General
Pool Pass	\$45	\$55
GYM Pass	\$120	\$150

Casual pool & Gym passes allow for 10 visits.

**DIRECT DEBITS:** All direct debit memberships are debited fortnightly, have a minimum term of 6 months, and will incur a \$20 joining fee, prorata & a one off loading fee of \$2.43.

## PREMIUM MEMBERSHIPS

Paid in Full

Types	Concession	General
3 Month	\$260	\$290
6 Month	\$499	\$545
12 Month	\$845	\$950

Direct Debit (Fortnightly)

Concession	General
\$34	\$40

## INFRARED SAUNA PASSES

Visits	Member	Non-Member
1 Pass	\$15	\$25
3 Passes	\$30	\$60
10 Passes	\$100	\$150