



stronger. together.

WHO ARE WE?

We are on a mission to help people realise that fitness is supposed to be fun!

Our programs are engaging, challenging and thoroughly enjoyable.

WHAT TYPES OF SESSIONS DO WE OFFER?

At SIN Fitness we believe variety is the key to long term success. To ensure this success, we have developed 5 main session types, 4 of which are delivered every week on a 4 week rotating basis. Number 5 - our mobility class is always smack bang in the middle of each week to help keep the body limber. But don't worry too much about the logistics, we'll take care of the programming, all you have to do is come to class! See the 4 weekly timetables (pages 7-10) for more information.

HIGH INTENSITY BODY WEIGHT TRAINING



Bodyweight cardio training is by far our favourite way to train at SIN Fitness. Based on HIIT, our very own HIBT involves short bursts of intense exercise alternated with low-intensity recovery periods. This is by far the most time-efficient way to exercise. The benefits – increased calorie burn (we love that!) and an increase to your metabolic rate for hours after exercise (we definitely love that – it's like the exercise gift that keeps on giving!!).

RESISTANCE CIRCUIT TRAINING



At SIN Fitness we recognise the importance of moving away from the traditional circuit style training, based on stations and a clock. Instead, the timing of our circuits is controlled either by the people doing the workout or by the workout design in itself. The benefits – everyone gets to work at their own pace, strength, skill and fitness level. The circuits are more fun and engaging and it encourages team work (and we love teamwork!).

BOXING FOR FITNESS



It's no coincidence that Boxing for Fitness abbreviates to BFF or Best Friends Forever because working out with your BFF is what this session is all about! Oh yeah, did we mention that's it's SUPER FUN! The benefits – not only does boxing with correct technique work every muscle in your body, it also improves cardiovascular, muscle endurance & strength, stamina, power and agility (how could we not love all of that!?).

FUNDAMENTAL RUNNING SKILLS



We couldn't recommend this program any higher! Improving your running skills and agility is not just for runners, the effects flow-on into all other aspects of your fitness training and day-to-day life. Agility drills help improve the communication between the mind and body – helping you become a more efficient athlete (gotta love that – forget 'no pain, no gain', think 'light on my feet'). The benefits - strengthen the muscles & joints. Improve coordination, agility & balance, cardio and endurance (yes please!).

MOBILITY, FLEXIBILITY AND RECOVERY



Yoga holds tremendous power to heal the body and mind but it's not for everybody, right? At least that's how it used to be. At SIN Fitness we have taken the fundamentals from yoga and blended them with more traditional sports style dynamic and static movements (we love that!). Think yoga meets fitness. The benefits – injury prevention, enhanced performance, improved recovery and better flexibility.

TRAIN WITH US

Become a part of the
SIN Fitness community and fall
in love with fitness at one of
our group sessions!

MEMBERSHIP PRICING

WEEKLY GROUP MEMBERSHIP Unlimited Sessions	MONTHLY GROUP MEMBERSHIP Unlimited Sessions	FORTNIGHTLY GROUP MEMBERSHIP Unlimited Sessions
<p>\$ 40 /Week</p>	<p>\$ 150 /Month</p>	<p>\$ 80 /Fortnight</p>
<p>Memberships are an auto weekly payment with no joining or cancellation fee.</p> <p>1 week block of unlimited classes</p> <p>\$10* per class</p> <p>(*Based on attending 4 classes per week)</p>	<p>Memberships are an auto monthly payment with no joining or cancellation fee.</p> <p>1 month block of unlimited classes</p> <p>\$8.72* per class</p> <p>(*Based on attending 4 classes per week)</p>	<p>Memberships are an auto fortnightly payment with no joining or cancellation fee.</p> <p>2 week block of unlimited classes</p> <p>\$10* per class</p> <p>(*Based on attending 4 classes per week)</p>

** A one (1) month minimum applies to all membership contracts, including Weekly and Fortnightly memberships, after which same can be cancelled upon 7 days notice in advance of the next period.

CASUAL MEMBERSHIP OPTIONS

1 CASUAL CLASS Single	10 CASUAL CLASSES Bulk Pack	5 CASUAL CLASSES Small Pack
<p>\$ 20</p>	<p>\$ 160</p>	<p>\$ 85</p>
<p>Single casual classes are valid for 7 days from the date of purchase. Come once or come every week. You choose.</p> <p>Get started with our Intro Offer of \$7 for your first 7 days unlimited training.</p> <p>1 Class</p> <p>\$20 per class</p>	<p>10 pack casual classes are valid for 120 days after the date of purchase. Come as little or as often as you like.</p> <p>Get started with our Intro Offer of \$7 for your first 7 days unlimited training.</p> <p>10 Class Bulk Pack</p> <p>\$16 per class</p>	<p>5 pack casual classes are valid for 60 days after the date of purchase. Come as little or as often as you like.</p> <p>Get started with our Intro Offer of \$7 for your first 7 days unlimited training.</p> <p>5 Class Bulk Pack</p> <p>\$17 per class</p>

** Casual fees (single, 5 pack and 10 pack) are paid in advance by direct debit from a bank account or credit card.

TIMETABLE - WEEK 1

MON

6:00 AM

9:30 AM

6:00 PM

HIGH INTENSITY BODYWEIGHT TRAINING

TUE

6:00 AM

9:30 AM

6:00 PM

BOXING FOR FITNESS

WED

6:00 PM

MOBILITY, FLEXIBILITY & RECOVERY

THU

6:00 AM

9:30 AM

6:00 PM

FUNDAMENTAL RUNNING SKILLS

FRI

REST DAY

SAT

6:30 AM

SATURDAY TEAMWORK

RESISTANCE CIRCUIT TRAINING

SUN

REST DAY

TIMETABLE - WEEK 2

MON

6:00 AM

9:30 AM

6:00 PM

BOXING FOR FITNESS

TUE

6:00 AM

9:30 AM

6:00 PM

FUNDAMENTAL RUNNING SKILLS

WED

6:00 PM

MOBILITY, FLEXIBILITY & RECOVERY

THU

6:00 AM

9:30 AM

6:00 PM

RESISTANCE CIRCUIT TRAINING

FRI

REST DAY

SAT

6:30 AM

SATURDAY TEAMWORK

HIGH INTENSITY BODYWEIGHT TRAINING

SUN

REST DAY

TIMETABLE - WEEK 3

MON

6:00 AM

9:30 AM

6:00 PM

FUNDAMENTAL RUNNING SKILLS

TUE

6:00 AM

9:30 AM

6:00 PM

RESISTANCE CIRCUIT TRAINING

WED

6:00 PM

MOBILITY, FLEXIBILITY & RECOVERY

THU

6:00 AM

9:30 AM

6:00 PM

HIGH INTENSITY BODYWEIGHT TRAINING

FRI

REST DAY

SAT

6:30 AM

SATURDAY TEAMWORK
BOXING FOR FITNESS

SUN

REST DAY

TIMETABLE - WEEK 4

MON

6:00 AM

9:30 AM

6:00 PM

RESISTANCE CIRCUIT TRAINING

TUE

6:00 AM

9:30 AM

6:00 PM

HIGH INTENSITY BODYWEIGHT TRAINING

WED

6:00 PM

MOBILITY, FLEXIBILITY & RECOVERY

THU

6:00 AM

9:30 AM

6:00 PM

BOXING FOR FITNESS

FRI

REST DAY

SAT

6:30 AM

SATURDAY TEAMWORK

FUNDAMENTAL RUNNING SKILLS

SUN

REST DAY

REPEAT TIMETABLE FROM WEEK 1

PERSONAL TRAINING

Not a big fan of crowds or perhaps you just prefer a little bit of extra attention. We can help.

PERSONAL TRAINING PACKAGES

STARTER Start your fitness journey	BOOSTER Boost your Health & Fitness with our 6 week PT package	ROCKET Sky-rocket your results with our 8 week PT package
<p>\$ 79</p>	<p>\$ 379</p>	<p>\$ 979</p>
<p>Get started on your journey to fitness success with 2x 30min PT sessions for just \$79</p> <p>What you get: 2 x 30min PT sessions (value \$100)</p> <p>Total \$79</p> <p>Get started today!</p> <p>* Note - this is a once-off payment</p>	<p>What you get: 1 x 45min PT session/week for 6 weeks (value \$450)</p> <p>Nutrition eBook (value \$49)</p> <p>Optional Group Training (50% discount)</p> <p>All for just \$379</p> <p>* Note - this is a once-off payment</p>	<p>What you get: 2x 45min PT sessions/week for 8 weeks (value \$1200)</p> <p>Nutrition eBook (value \$49)</p> <p>Optional Group Training (50% discount)</p> <p>All for just \$979</p> <p>* Note - this is a once-off payment</p>

PERSONAL TRAINING CASUAL OPTIONS

PERSONAL TRAINING SESSION Single	5 PT SESSIONS Small Pack	10 PT SESSIONS Bulk Pack
<p>\$ 75</p>	<p>\$ 296</p>	<p>\$ 544</p>
<p>Come once or come every week.</p> <p>What you get: 1x 45min PT session</p> <p>\$75 per session</p> <p>Optional (available at checkout): 1x 30min PT session - \$50</p> <p>1x 60min PT session (inc. assisted stretch) - \$100</p>	<p>5 pack PT sessions are valid for 60 days. Come as little or as often as you like.</p> <p>5x 45min PT Session Bulk Pack \$296 (value \$375)</p> <p>Optional (available at checkout): 5x 30min PT session - \$198 (value \$250)</p> <p>5x 60min PT session (inc. assisted stretch) - \$387 (value \$500)</p>	<p>10 pack PT sessions are valid for 120 days. Come as little or as often as you like.</p> <p>10x 45min PT Session Bulk Pack \$576 (value \$750)</p> <p>Optional (available at checkout): 10x 30min PT session - \$384 (value \$500)</p> <p>10x 60min PT session (inc. assisted stretch) - \$767 (value \$1000)</p>

PRIVATE GROUPS

Can't make it to our regular group sessions or you prefer to train with your own friends.

We have the solution.

PRIVATE GROUP SESSIONS

2'S COMPANY Train with your bestie!	3 IS A MAGIC NUMBER Just you and a couple of friends!	4 OR MORE Bring the whole gang along!
\$ 80	\$ 90	\$ neg
<p>Share the expense of a Personal Trainer with your best friend and kickstart your fitness for just \$80.</p> <p>What you get: 1 x 60min Private Group Session (\$40 each)</p> <p>Total \$80</p> <p>Private location available away from crowds.</p> <p>* Recurring payments available</p>	<p>Grab your 2 best friends and give your health and fitness a boost with your own private group sessions for just \$90.</p> <p>What you get: 1 x 60min Private Group Session (\$30 each)</p> <p>Total \$90</p> <p>Private location available away from crowds.</p> <p>* Recurring payments available</p>	<p>Have a large group of friends you want to train with or perhaps you want to do it is a work team.</p> <p>What you get: 1 x 60min Private Group Session</p> <p>Total \$neg</p> <p>Private location available away from crowds.</p> <p>* Contact for pricing/payment options to suit your group</p>

ONLINE PROGRAMS AVAILABLE





GET IN TOUCH

We'd love to hear from you!

M · 0400 920 269

E · Info@sinfitness.com.au

INFORMATIVE GUIDE

[SINFITNESS.COM.AU](https://sinfitness.com.au)

SIN FITNESS