



Ocean Fitness Pilates & Personal Training Studio



Upstairs at 3/20 Ocean Beach Rd., Sorrento 3943 ~ Ph: (03) 59 840 081

www.oceanfitness.com.au Email: info@oceanfitness.com.au ABN: 86 549 532 880

Open hours: Based on Bookings. Sessions are available Mon-Fri 6:30am-8pm, Sat 6:30-12pm, and Sun 9am til 2pm

(Hours may extend during Summer Holidays)

Typical February-November Timetable: Please see www.oceanfitness.com.au for current timetable

MONDAY	6.30am Bootcamp (See Fixture)	7am, 7.30, 8.30, 9.15, 9.30, 10.15am Equipment Pilates		5.30, 6.30pm Equipment Pilates
TUESDAY		8.15am, 9.15, 10.15am Equipment Pilates		5pm, 6pm Equipment Pilates
WEDNESDAY	6.30am Bootcamp (See Fixture)	7.30, 10.30am Equipment Pilates		
THURSDAY		7am, 8am, 9am, 10.15am Equipment Pilates		5.30, 6.30pm Equipment Pilates
FRIDAY	6.30am Boot camp (See Fixture)	7am, 7.30, 8.30, 9.15, 9.30, 10.15am Equipment Pilates		4.30pm Equipment Pilates
SATURDAY	7.15, 8.15, 9.15, 10.15am Equipment Pilates		SUNDAY	7.00am Boot camp 9.15, 10.15, 11.15am Equipment Pilates

Typical December-January timetable: Please see www.oceanfitness.com.au for current timetable

MONDAY	6.30am Bootcamp (See Fixture)	7am, 7.30, 8.30, 9.15, 9.30, 10.15am Equipment Pilates		5.30, 6.30pm Equipment Pilates
TUESDAY		7am, 7.30, 8am, 8.30, 9.15, 9.30, 10.15am Equipment Pilates		5pm, 6pm, 7pm Equipment Pilates
WEDNESDAY	6.30am Bootcamp (See Fixture)	7am, 7.30, 8am, 8.30, 9.15, 9.30, 10.15am Equipment Pilates		
THURSDAY		7am, 8am, 9am, 10.15am Equipment Pilates		5.30, 6.30pm Equipment Pilates
FRIDAY	6.30am Boot camp (See Fixture)	7am, 7.30, 8.30, 9.15, 9.30, 10.15am Equipment Pilates		4.30pm Equipment Pilates
SATURDAY	7.15, 8.15, 9.15, 10.15am Equipment Pilates		SUNDAY	7.00am Boot camp 9.15, 10.15, 11.15am Equipment Pilates

One-on-one tuition required before joining any Pilates class.

It is essential to book for ALL classes at Reception or on 5984 0081

Bookings are best made by phone or Re-booking at time of appointment. On-line bookings coming soon!

Cancellation Policy – Full charge upon failure to cancel within 24hrs of booking

SERVICE LIST

(As at 1/04/15)

1-on-4 Equipment Pilates &/or 1-on-4 Personal Training

Guidance & Motivation! Start your own group or join one of our many regular timeslots today.

Single class	\$45
5 session	\$210 (\$42/session)
10 session	\$390 (\$39/session)
20 session	\$740 (\$37/session)
50 session	\$1750 (\$35/session)
1-on-1 Pilates (1hr)	\$95 (req. before 1-on-4 Pilates)

1-on-1 Health Services

The rates below apply to the following 1-on-1 Sessions – You can also share this session with a friend and create your own 2-on-1:

- Remedial Massage/Myotherapy
- Exercise Physiology
- Golf-Specific Fitness
- 1-on-1 Pilates
- Personal Training

(Private health rebates apply to most services. Medicare, DVA, TAC and Workcover rebates also available)

Sessions Committed To & Rate:	1	5	10	20
½ hour Sessions	@\$75	@\$70	@\$65	@\$62
¾ hour Sessions	@\$100	@\$90	@\$85	@\$82
1hour Sessions	@\$120	@\$110	@\$105	@\$100
1.5hour Sessions	@\$150			

Bootcamp

Want to train for an event? Then join our targeted training with over 30 different courses combine strength and cardio training aimed at preparing you for adventure races, triathlons, fun runs or your next adventurous holiday! Picturesque locations between Blairgowrie and Portsea. Distances range from 1.2km up to 6km, with longer courses where needed for events.

Casual Session: \$20 Pay for the Month: \$120

For enquires phone 0404491012 – Cam or, 035984 0081 – Ocean Fitness.

See www.oceanfitness.com.au/bootcamp for the current training fixture.