



PROACTIVE WEIGHTS & CARDIO GYM

EFFECTIVE 24th AUGUST 2009

We are closed on Public Holidays and from 24th December until 5th January



PROACTIVE

MARTIAL ARTS

SKILLS FOR LIVING, SKILLS FOR LIFE!

0800 self defence

www.selfdefence.co.nz

RICCARTON

Riccarton Club Inc.

66B Wharenui Rd

3666 000

027 4333 543

MARTIAL ARTS | KARATE | MUAY THAI - KICKBOXING | WEAPONRY | MIXED MARTIAL ARTS

OPENING HOURS (to increase soon!)

MONDAY	9:00am	8:30pm
TUESDAY	9:00am	8:30pm
WEDNESDAY	9:00am	8:30pm
THURSDAY	9:00am	8:30pm
FRIDAY	2:00pm	8:00pm
SATURDAY	8:30am	2:00pm

RATES

PROACTIVE MEMBERS
(INCLUDES PARENTS OF TIGER,
PANTHER & XTREME STUDENTS)

NON-PROACTIVE
MEMBERS

3 Months	\$75.00	\$90.00
6 Months	\$135.00	\$165.00
12 Months	\$240.00	\$299.00
Annual Membership Fee	No Charge	\$40.00

FEE INFORMATION

Fees are due prior to commencement of training and will run for a 3, 6 or 12 month period from date joined. Fees are not refundable or transferable. No rebate is given for close down period over Xmas / New Year as it has been factored into above rates. Fees can be put on hold once during payment

period for a minimum of 1 month and a maximum of 3 months - for this to apply a \$10 hold fee must be paid prior to time off. This price list is effective from 24th August 2009 and includes GST of 12.5%. Please note that prices are subject to change without notification.

Your one stop fitness solution for health and wellbeing

Gym - Weights - Cardio
 Martial Arts - Self Defence
 Personal Training

Treadmills, cross trainers, exercise bikes & rowing machines. Free weights & weights resistance equipment.

Workout while your children do martial arts! Great for busy parents who struggle to find time for themselves.

Perfect for clients who want variety and flexibility in their exercise regime - workout before, in between or after your martial arts classes.

Initial membership includes 15 minute appointment on gym and equipment use.

Sweat towels and sneakers compulsory.

Minimum age for using the gym and cardio equipment is 16 years.

PAYMENT INFORMATION

Fees can be paid over the counter at our Riccarton Branch - EFTPOS & Creditcard facilities available or directly into our bank account - Westpac 03 0767 0448089 00 (please use a reference name).