



A couple of years ago I decided to get myself in shape, for the second half of my life! I am now fitter, stronger, healthier and more in touch with my body. The gym atmosphere is personal, professional but relaxed; unpretentious. The management and the people who go there are very genuine.

Julianne, 48

over forty fitness

gym est.1990



Gym • Personal Training • Exercise Physiology • Classes

exercise physiology

Visit our Accredited Exercise Physiologists™ and receive specialised treatment for chronic conditions or rehab. Medicare / DVA / Workers Comp rebates for referred clients.

Private clients also welcomed.

1 hr	\$95
Weekly Exercise Physiology & gym upgrade for an extra for unlimited gym visits	\$20

By appointment only.



Award-winning Boutique Mosman Gym

Highly qualified staff

Scenic location

Pay as you go or membership

Easy parking

Building 11, Crane Crescent
Georges Heights, Mosman

☎ 9960 6660

📞 0431 909 804

Find Us Here



Bus 244 or Free Mosman Rider bus to door

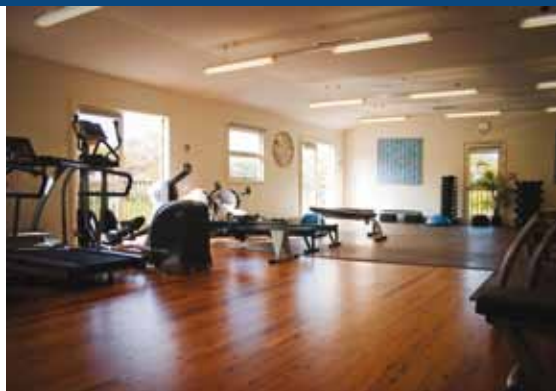
www.overfortyfitness.com.au

Over Forty Fitness provides a high level of constant supervision with a trainer always on hand with help and advice. Of course clients are also free to work out at their own pace. Personal training is available for closer attention.

Rehabilitation clients are also welcomed, with some regulars having had replacement surgery, strokes, cancer and diabetes amongst others.

Gareth Corbett, Director

fully air-conditioned • social atmosphere • all fitness levels welcome • full disabled facilities



general gym

Tailor-made programs designed uniquely to your aims and needs.

Gym floor always supervised by a personal trainer.

Only pay for what you use with our Prepaid Gym Session Packs*

Buy 10 Sessions →	\$20 per session
Buy 20 Sessions →	\$19 per session
Buy 30 Sessions →	\$18 per session
A one-off sign up fee of	\$49
Or pay monthly unlimited and come in as often as you like	\$199

Membership options also available.

pilates classes

Small group core strengthening classes led by our accredited exercise physiologist Christy.

General mat-work, remedial, sports specific.

Pre-paid Pilates 10 Session Packs → \$290*

All levels welcome in all classes, so join anytime, no need to wait for term-time.

Bookings required.

Entire gym space can be hired for a group session, where you have the freedom to choose your workout.

personal training

Male & female trainers, indoors and outdoors, one on one or group.

½ hr	\$55
1 hr	\$75
Group session	\$75
+ extra person	\$30
Weekly personal training & gym upgrade for an extra for unlimited gym visits	\$20

*3 month expiry. *Sessions are non-transferable and non-refundable. You may need to check with your GP before commencing exercise, or may require a referral. Private health fund rebates where applicable. All prices are inclusive of GST. Prices correct at 1/8/10, subject to change.