

# route2

F I T N E S S



Around the clock **workout...**

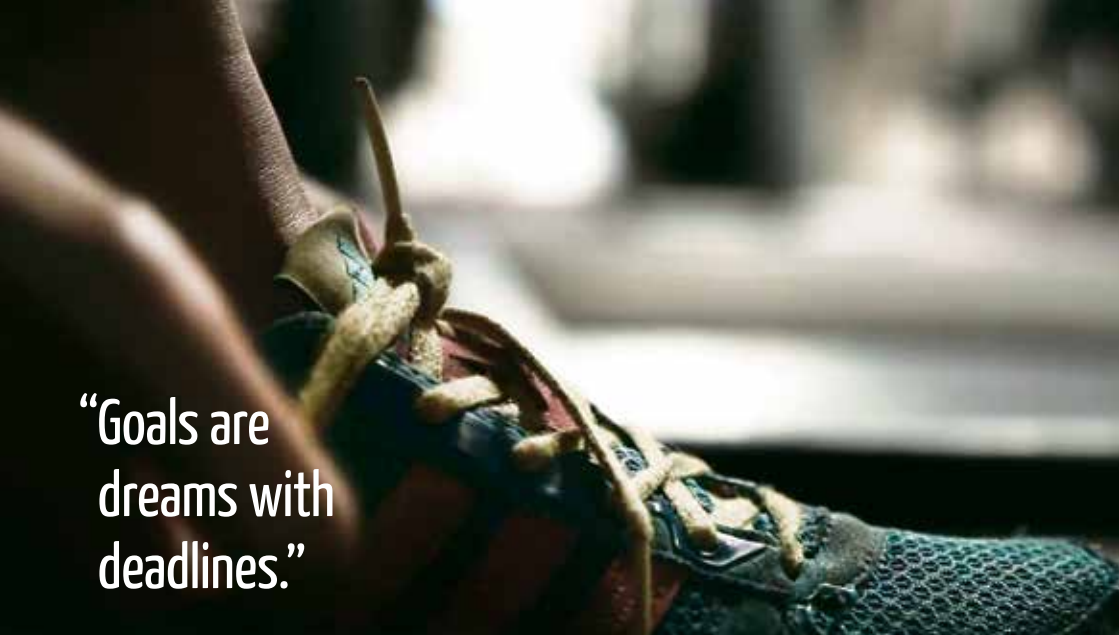


...open 24 hours a day - 7 days a week



For more information  
call **318 255 8330** or visit **[route2fitness.com](http://route2fitness.com)**

1507 Goodwin Road, Ruston, LA 71270



“Goals are  
dreams with  
deadlines.”

## Become a member

Our fully inclusive membership package gives you unlimited use of the gym 24 hours a day, 7 days a week 365 days a year! It also includes all group fitness classes as published on our studio timetable and all the 24 hour membership benefits.



### 24 HOUR MEMBERSHIP BENEFITS

- **Free Induction**

On joining you will receive a comprehensive one-to-one introduction and assessment with one of our qualified instructors.

- **Free Personal Programs**

Individually tailored workouts as often as you want them throughout the life of your membership.

- **Plus**

Extensive Group Fitness Classes, Racket Ball Court, Swimming Pool, Jacuzzi Hot Tub, Showers and Changing Facilities, Nursery, Members Lounge

## NON MEMBERS

Our “Pay and Play” option gives casual visitors and guests the opportunity to enjoy our facilities\* and studio classes on a pay as you go basis without having to join.

*\*Entry must be made during reception opening hours.*

## RECEPTION OPENING HOURS

Monday - Friday 08.00 - 19.00

Saturday 08.00 - 12.00

Sunday no reception

*Public holidays may vary*

## TARIFFS

NON MEMBERS	MEMBERS	Single	Joint	Concessions
Gym familiarization	<b>FREE</b>	<b>\$30</b>	<b>\$50</b>	<b>FREE</b>
Personal Program	<b>\$30</b>	<b>\$49.95</b>	<b>\$85</b>	<b>\$30</b>
Single Gym/Pool Entry	<b>\$8.50</b>	<b>\$270</b>	<b>\$460</b>	<b>\$165</b>
Monthly Pool Pass	<b>\$25</b>	<b>\$460</b>	<b>\$785</b>	<b>\$280</b>
Fitness Classes	<b>\$6.50</b>	Family and group memberships are also available for 4 or more members paying in full or on a single draft. Please ask for details of our discounted prices.		
Juniors under 17yrs receive 50% discount				



“Commitment is a choice.”

# Personal Training Packages

All of our personal training packages are fully flexible allowing you to use them over any time period and because they are sold in time packages you can choose to train 30 or 60 minute sessions.



- **First Timers' 'Taster' Sessions**

These sessions are specially structured to enable you to experience working with a Personal Trainer for the first time **\$50** for consultation, assessment and 3 half hour sessions.



- **Motivation Session**

Ideal if now and again you need a little extra motivation, inspiration or just a little push!

**\$32** per hour

**\$16.00** per half hour

**\$150** 5 hour bundle



- **Commitment Package**

If you are committed to achieving your long term fitness goals, taking a 10 hour package will give you the time to see progression and form lifestyle-changing habits.

**\$275** 10 hour bundle



## Lifestyle Coach

Fully qualified in-house nutritional advisor.

Ask for details of available services and pricing.



**route2**  
FITNESS

*"A year from now  
you'll wish you  
had joined today."*