



Swimming is an important skill that enriches life! Experience and enjoy the benefits of Definition H2O Swim School:

- Supportive and enjoyable learning environment
- Monday - Saturday timeslots
- Friendly instructors that are AUST Swim qualified
- A wide range of levels that teach Swimming; both Technique and Survival
- Parent & Babies Classes for 3 - 24 months
- Transition Classes for 2 - 3 year olds
- Swimming Squad & Gym for Kids, level 6 required
- Swimming Lessons for Children and Adults
- Private Swimming Lessons available



Are you an at home parent looking to exercise? Let us take the stress away from you; leave your baby, toddler or child with one of our trusted Crèche Supervisors. All of our Crèche Supervisors have current Working With Children's Clearances as a minimum and just as importantly have raised or are currently raising their own children.

FIND US:

77 Wheatley Drive, Bull Creek WA 6149

CONTACT US:

Telephone: (08) 9313 5088
Fax: (08) 9313 5861
Email: info@definitionhealthclub.com.au

FOLLOW US:



www.facebook.com/definitionhealthclub



www.twitter.com/definitionhc



www.instagram.com/definitionhealthclub
Tag your Gym photos #definitionhealthclub

WEBSITE:

www.definitionhealthclub.com.au

STAFFED HOURS

Mon-Fri: 6.00am-9.00pm
Sat-Sun: 7.00am-4.00pm

CRECHE HOURS

Mon-Fri: 9.00am-12.00pm
Sat : 8.00am-12.00pm



Fitness Australia®
THE HEALTH & FITNESS INDUSTRY ASSOCIATION

REGISTERED BUSINESS / 2014



Join to become
FIT & HEALTHY,
stay to become
PART OF THE FAMILY



Open 24 hours / 7 days a week

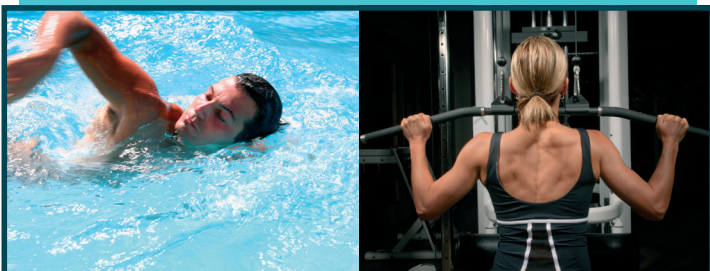


For once you can belong to a gym where there are no pretences, just honest, hard working, everyday people who strive to be happy and healthy.

We are a W.A. owned and operated family run business where our customers come first. There are a variety of fitness programs available through our experienced staff. We are also open 24/7 for your convenience, we welcome you to Definition Health Club.

Membership includes a full range of:

- Cardio & Strength Equipment
- Women’s Only Gym Area
- Free Weights Area
- Les Mills Group Fitness Classes
- Yoga & Pilates Classes
- Spin Classes
- LCD Screens with Foxtel
- 25m Heated Indoor Pool
- Infrared Sauna
- Personal Training
- Fully Supervised Crèche
- Children & Adult Swimming Lessons
- Parent & Babies Swimming Lessons
- Access to MYZONE Heart Rate Monitoring System



WELCOME TO GROUP FITNESS AT DEFINITION HEALTH CLUB:

Here at Definition we believe Group Fitness is for everybody, regardless of whether you’re just beginning your fitness journey, or training for the Olympic Games!

We have a wide variety of Mind & Body, Cardio, Weights and Aqua based workouts that cater for a wide range of Interests, physical abilities and times to suit YOUR Schedule!

We invite you to come along and participate today, our Members and Staff alike love the classes and are thrilled with the results obtained. Don’t just take out word for it, become part of the DHC Group Fitness Family today, where we believe the more, the merrier!

We currently offer the following Group Fitness Classes:



For more information check out our Group Fitness timetable available at reception or on our website.

MYZONE HEART RATE MONITORS:



MYZONE is a new innovative heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical

activity. It monitors heart rate, calories and time exercising that converts into MYZONE Effort Points (MEP’S), with a focus on effort reward points rather than fitness. Users can login online and track all their progress with a personal account!

MEMBERSHIP OPTIONS:

We have membership options available that will suit Everyone. Visit us on Facebook or on our website for any current promotions.

Admin Fee	\$60
12 Month Prepaid	\$962 p.a
12 Month Direct Debit (Weekly, F/Nightly & Monthly)	\$18.50 p/week
Monthly Prepaid	\$120 p/month
FIFO Memberships	P.O.A
Casual Visit	\$18.00
10x Group Fitness Pass (Excludes RPM classes)	\$120

PERSONAL TRAINING:

Did you know we also offer Personal Training? Whether you’re new to the gym or have been coming for years, our trainers are experts at keeping you motivated and accountable. Our PT’s are here to help you reach your health and fitness goals. They will do this by working with you to develop a routine that is realistic for you and that will maximise your time in the gym. Time does not need to be lost at the gym. When you join on any membership, you receive 2 free Personal Training Inductions on us!

1 PT Session	\$40
5 PT Pack	\$187.50
10 PT Pack	\$350
20 PT Pack	\$600