

## Terms and Conditions

### Eligibility

Over 60s Memberships are only available to persons aged 60 years and older.

### Direct Debit Membership Option

Aquamoves direct debits occur on a fortnightly basis (every second Thursday) and are taken in advance for the fortnight. All Direct Debit Memberships have a joining fee of \$50. The pro-rata amount remaining for the current billing fortnight is also required. Both amounts can be paid as an up front payment or added to the first direct debit. There is no minimum membership contract and the membership can be cancelled at anytime without incurring a fee. Terms and conditions apply.\*

### Suspension Periods

Over 60s Memberships can be suspended with no additional fees to be paid. Suspensions must be for a minimum of seven days, with no limit on the maximum amount of days. All suspension requests must be made in writing.



## Facilities

### Indoor Facilities

- 25m Pool
- Hydrotherapy Pool (with hydraulic lift, tracking hoist and electronic beds)
- Leisure Pool (with Water Slide and Rapid River)
- Tarzan Swing
- Two spas (warm and cold)
- Dry Sauna
- Gymnasium
- Two Group Fitness Studios
- RPM (cycle) Studio
- Electronic Cardio Area
- Functional Movement Room
- Stretching Station
- Occasional Childcare Centre
- Allied Health Suites
- Verve Café
- Meeting Room

### Outdoor Facilities (seasonal)

- 50m Olympic Pool
- Leisure Pool
- Splash Park
- Two modern BBQ Areas with free electric BBQs
- Beach Volleyball Court/Cricket Pitch
- Basketball Court
- Rural Pools (Mooroopna, Tatura and Merrigum)

### Stay in touch

#### Aquamoves Lakeside Shepparton

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Locked Bag 1000, Shepparton 3632

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Effective  
1 July  
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[www.aquamoves.com.au](http://www.aquamoves.com.au)



Aquamoves is proudly provided by Greater Shepparton City Council

# Over 60s Memberships

## We can help with your ailments!

Aquamoves' Allied Health professionals include qualified and experienced physiotherapists and exercise physiologists.

Our team can assist if you have a joint injury or condition that's affecting your functional movement and help you prevent and manage a range of chronic diseases and injuries.



### Fully Supported

Health and Wellbeing Support Plans are free with all Over 60s memberships and are undertaken by our qualified fitness instructors to help you reach your health and fitness goals.

## Membership Prices

Unit Combination	12 Month Term	6 Month Term	3 Month Term	Fortnightly Direct Debit
1 x Unit	\$566.60	\$368.50	\$198.50	\$23.60
2 x Units	\$688.40	\$447.50	\$240.90	\$28.70
3 x Units	\$810.00	\$526.40	\$283.20	\$33.70



## Gymnasium Unit

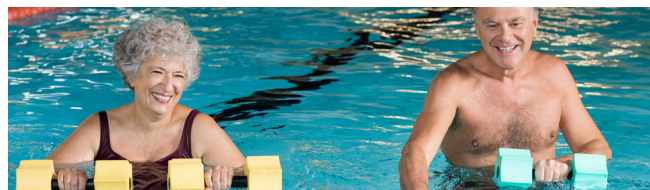
**Cardiovascular Floor:** Air conditioned area containing a selection of cardiovascular equipment designed to help you lose weight, tone muscle and improve your general health and fitness.

**Pin Loaded Equipment:** A selection of machine weights designed to help you lose weight and tone muscle, whilst building power and strength.

**Free Weights:** These weights are beneficial for both building and toning muscle, allowing for a greater range of movement.

**Circuit and Functional Movement Room:** This room provides a more private space where members have access to a mini circuit, Box Master, RIP 60 apparatus, Kettlebells, Medicine Balls, Dumbbells, Resistance Bands and a selection of other equipment.

**Stretching Station:** This open floor space offers a selection of guided stretching techniques that targets all the muscle groups.



## Aquatic Unit

**Swimming Pools:** Enjoy a swim in one of our many pools including the 25m indoor pool, indoor leisure pool, outdoor 50m pool, outdoor leisure pool and Splash Park (outdoor pools are seasonal only). Free access to Mooroopna, Tatura and Merrigum rural pools is also included during the summer season.

**The Sauna:** The sauna revives the muscles after physical exertion and helps relieve stress, relax muscles, soothe aches and pains and cleanse the skin.

**Spas:** Our warm spa will assist you with muscle relaxation and pain relief whilst our cool spa is great for muscle recovery. Moving between the warm and cool spas will assist your muscles to expand and contract, improving circulation and aiding recovery by delivering fresh blood to all muscle groups.

**Hydrotherapy Pool:** With the water temperature heated to 35 degrees, this Pool is beneficial for relaxation, injury rehabilitation, sports recovery and relieving pain from sore joints, muscles and medical issues like arthritis.

**Aqua Aerobic Classes:** These classes provide an excellent aerobic workout using the water as resistance.



## Group Fitness Unit

Aquamoves' Group Fitness Timetable includes a range of Over 60s classes designed specifically with the fitness needs of this age group in mind. Classes are presented by our highly motivating instructors ensuring the experience is both fun and safe. Bookings are not required. Classes run between 30-60 minutes. For a full list of classes and descriptions refer to our current Group Fitness Timetable.

## Over 60s Group Fitness Timetable

Don't forget as a member, you can bring your friends for free to any of the classes listed below.

### Health and Wellbeing Group Fitness Classes

Day	Time	Class
Mon	10.15am	Over 60s Circuit
Mon	11.15am	Over 60s Body Balance
Tues	10.15am	Over 60s TONE
Wed	10.15 am	Over 60s Body Pump
Fri	10.00am	Over 60s TONE

### Aquatic Group Fitness Classes

Day	Time	Class
Mon	9.00am and 10.30am	Aqua Arthritic
Wed	9.30am and 10.30am	Aqua Arthritic
Fri	10.30am	Yoga/Aqua Arthritic