



# EXCLUSIVE

## *Corporate Offer*

### *What's Included:*

- Access to 3 locations
- Weights & Cardio
- Multiple Training Zones
- Functional Training Sessions
- Les Mills Group Fitness Classes
- Wellness Classes including Yoga & Pilates
- SF Group Training Sessions
- Heated Lap Pools (CBD & Central)
- Creche Child Minding (extra cost)

### *Relax & Recover:*

The Oasis Fire & Ice - Feel the benefits of hot and cold therapy with infrared and hot rock saunas and immerse yourself in cold and heated spas.

Experience The Haven, featuring full body massage chairs, totally zone out in sound cancelling chairs & ease knots & tight muscles with percussion massage guns.

### *Perks of our Corporate Offer:*

**All Access VIP**  
**From \$18.95/week**  
Normally \$22.95/week

**Plus**  
discounted  
joining fees  
from \$215 to  
just \$99



STRAND  
FITNESS

**READY TO GET STARTED?**

Reach out to us today

**CBD**  
719 Flinders Street, Townsville  
[admin@strandfitness.com.au](mailto:admin@strandfitness.com.au)

**CENTRAL**  
389 Woolcock Street, Garbutt  
[central@strandfitness.com.au](mailto:central@strandfitness.com.au)

**NORTH SHORE**  
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