

## **Gym Member Benefits**

By signing up for the Sports Centre gym, there are benefits. Listed below you will find what free services we have available to members, and what you can access at an additional cost.

### **Free to all members:**

- Personalised fitness evaluations and fitness programmes
- A hammer strength-certified weights area
- A fully-equipped cardio area
- Group fitness classes
- Circuit and cycle pursuit classes (spin bikes)
- Free lockers (BYO padlock)
- Casual use of the stadium courts (subject to availability)

### **Available at an additional cost:**

- Personal training with one of our qualified exercise professionals
- Nutritional supplements and advice from our team of nutritionists
- Stadium and equipment hire

For more information email [ureccen@unitec.ac.nz](mailto:ureccen@unitec.ac.nz) , call us on +64 09 892 7324, or [visit us in person](#).