



Southbank
Institute of Technology
Education for aspiring minds

Working out at the Health and Fitness Centre



Southbank Institute
of Technology
Health and Fitness Centre
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HSBR1209063

CRICOS Provider No: 03020E



Queensland Government

Join us and work out in our modern, fully equipped gym and benefit from a healthier lifestyle. With a central South Bank location we're easy to get to from anywhere in South Brisbane or the city.

Use the gym, enjoy a group fitness class or get fit with a personal trainer. With all the up-to-date equipment you'd expect in a modern gym, along with weight training and stretch areas you can get the most from every visit. We're fully air conditioned for the comfort of our members and lockers are available. Our change rooms have individual shower and change cubicles for added privacy.

Our services

- Fitness assessment included with membership
- Personal fitness programs designed to suit your goals and current fitness level
- One-on-one personal training is available
- Sports-specific program design to target the areas you need
- Nutritional advice
- Regular group fitness classes are available to all members.

All our services are provided by professional staff or fitness students under their guidance.

Membership

You can sign up for a membership period that suits you – our 12 month membership is great value, however you can come and work out on a casual basis if you prefer.

Educational staff and students

(From the Southbank precinct, including Southbank Institute of Technology, Canberra University, Qld College of Art and Qld Conservatorium.)

Casual	\$7.00
10 visit pass	\$70.00
3 months	\$92.50
6 months	\$165.00
12 months	\$290.00

Members of the public

Casual	\$9.00
10 visit pass	\$90.00
3 months	\$132.50
6 months	\$215.00
12 months	\$410.00

Information and costs are correct as at 14 December 2009 and may be subject to change.

Personal Training Sessions

Our personal training sessions are great value if you need additional motivation or some new ideas to vary your training routine and are available to all gym members. Personal training sessions are an opportunity for our knowledgeable students (with guidance from professional staff) to gain practical work-ready skills guiding real gym members.

5 sessions	\$50.00
10 sessions	\$75.00
20 sessions	\$100.00

Opening hours

Get fit before work, during lunch, between classes or on your way home with our convenient hours:

Monday to Friday	6am to 9am, 12pm to 7.30pm
Saturday and Sunday	closed

Want to work in fitness?

At Southbank Institute of Technology's Health and Fitness Centre we know fitness. In fact, we run fitness-based qualifications and courses in a practical environment so our students have work-ready skills and know the latest industry techniques.

We offer a wide-range of programs so you can either get started in the fitness industry or enhance your knowledge as an existing fitness professional:

- Diploma of Fitness
- Certificates III and IV in Fitness
- Diploma of Sport (Development)
- Fitness short courses many of which are accredited for Continuing Education Credits (CECs) eg. Personal Training short course earns 7 CECs.

For more information on our programs or to enrol contact Student Services on 13 72 48.