

HOW WILL VIRGIN ACTIVE MAKE YOU FEEL?

Virgin active | health clubs

virginactive.com.au

Now is a perfect opportunity for you to commit to your health and fitness goals. Whether it's getting back into shape for the year ahead, or toning up a touch, you'll find a workout that's right for you at Virgin Active - Find your happy place in a yoga session, challenge yourself to another lap in the pool, go next level on The Grid, or get fired up cycling indoors in one of our spin classes.


ESCAPE THE GRIND

Feel at one with our free Intro to Yoga


We think yoga is amazing and we want everyone to try it. So, we're inviting you to **FIND YOUR FLOW with our free Intro to Yoga**. Taught by our most experienced teachers, our 30-minute Intro to Yoga session will give you a taste of all three pillars of Yoga: Strength, Align and Calm.

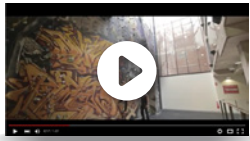
Simply book a complimentary visit with us, and while you are here, you can try all our facilities for free including our sparkling 25m pool, pilates reformer and cycle studios, climbing wall, and more group exercise classes than you can shake a gymstick at! (*Bookings essential*)

Here's a sneak peak..

 **Virgin Active Collins Street**
567 Collins Street,
Melbourne



 **Virgin Active Bourke Street**
138 Bourke Street,
Melbourne



A little bit Zen?

How will Virgin Active make you feel?

GO THERE

Book your visit at Virgin Active today

Call Paul Brien on (03) 9268 5302

Email Paul.Brien@virginactive.com.au

 facebook.com/VirginActiveCollinsStreet

 facebook.com/VirginActiveBourkeStreet

A great offer - as an entrant of the Gatorade Triathlon Series 2016/17, you're entitled to a \$0 joining fee on a 12month membership OR 50% off the joining fee on a flexible membership. Entrants have until 31 March 2017 to redeem the offer.

Just show us your proof of entry and we'll show you the love. Take a look at all the goodies we have waiting for you - this could be the beginning of a beautiful relationship!

The Deets: Standard Activation Fees (joining fees) for new members are \$135.00 for a Flexible Relationship or \$35.00 for our 12 Month Engagement. Entrants of the Gatorade Triathlon Series 2016/17 will receive a discount of 50% off our standard Flexible Relationship Activation Fee (\$67.50) and 100% off our 12 Month Engagement Activation Fee (\$0). Offer is open for entrants who join before 11.59 pm on 31 March 2017 on satisfaction of the offer criteria. Current weekly membership costs start from \$31.95 for Frenchs Forest, Norwest, and Bourke Street, \$32.95 for Collins Street and \$33.95 for Pitt Street Mall and Moore Park on a 12 Month Engagement Membership (payable fortnightly in advance - please check in club or online for current pricing for your chosen club and membership type). The Activation Fee discount will be applied to your upfront payment that is due on joining. The offer does not extend to other additional services such as credit card fees or personal training and cannot be used in conjunction with another offer. Minimum cost of a 12 Month Engagement membership starts from \$1661.40 (applying the Activation Fee discount). Flexible memberships carry an initial commitment period of two full fortnightly direct debits. Virgin Active reserves the right to verify proof of entry in order to apply this offer. A copy of the Gatorade Triathlon Series event registration email in the same name as the person joining Virgin Active will be considered sufficient to satisfy this offer condition.



LET'S GET WRINKLY TOGETHER

Have a dip in our 25-metre swimming pool - perfect for an all-round workout or a refreshing splash after hitting the machines.

Chillax in our heated spa, cool off in the sensations showers or bliss out in our squeaky clean saunas to ease any aches, and reduce muscle tension after a hard session.



GROUPIES WANTED

There's no better way to get pumped and motivated than with friends. Our expert instructors offer over 200 classes every week across multiple spacious fitness studios, ranging from hardcore Zuu and Impact classes, to all-time favourites like BodyPump and Zumba, exciting new activities such as Piloxing (think pilates and boxing), Barre Pilates, and time-saving classes using Powerplate - perfect for lunch breaks.



LIVE ON THE LEDGE

Scale new heights on our indoor climbing wall. It increases flexibility, strength and endurance, while focusing the mind, enhancing awareness and confidence. We've got routes for all skill levels and with our self-belay system, you don't even need a partner to spot you.

A HOLIDAY FOR THE MIND

Find your inner zen in our dedicated authentic mind and body spaces, including a calming transition space. We offer a wide range of yoga classes in our studios; including Pilates, Hatha Yoga, Dynamic Yoga and Gentle yoga to name just a few.

TOUR DE ACTIVE

Our wrap-around MyRide® visuals of famous cycle routes generate a brilliant, dynamic environment for riders to immerse themselves in while working out on our Tomahawk IC7 bikes. The virtual cycling class allows riders to measure output accurately, achieve greater results, and view performance on-screen with inbuilt heart rate monitors.

TAKE A SIESTA

Get away from the chaos of the city and cocoon yourself in our zero gravity technology sleep pods. Our sleep pods have relaxing ambient sounds to help you drift off to the land of nod for the perfect nap-time of 20 minutes, while subtle vibration brings you oh-so-gently back to life.

