

THE FITNESS HUB

Kingston Health & Fitness Hub

The Fitness Hub offers something for everyone, no matter what their age and fitness level.



Personal Training Rates

RATES	1 HOUR	1/2 HOUR
One on One	\$50	\$30
Couples (2ppl)	\$30pp	\$20pp
Small Group (4+)	\$15pp	\$10pp

GYM RATES

One Month	\$70
Three Months	\$190
Six Months	\$320
Twelve Months	\$560

*\$30 Initial joining fee (\$15 refund on return of key)
Discounted PT rates to all gym members & discounted
Gym memberships to all students, families & pensioners

GYM DAY PASS \$15 GYM WEEKLY PASS \$50

Contact Tegan at the Fitness Hub for more info.

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