



# SportsMed

## Memberships

SportsMed Subiaco offers a variety of membership options for patrons of the gym, pool and/or pilates studio who wish to continue using these facilities independently.

Our vision at Sportsmed Subiaco is to empower our patients with the knowledge, tools and strategies to successfully self manage their injuries where possible.

Injury rehabilitation and exercise therapy form a large part of the recovery process and in many cases, becomes the leading preventative measure.

At SportsMed Subiaco we develop injury rehabilitation programs with independence in mind, and advocate unsupervised use of our facilities (eg. rehab gym, pilates studio and hydrotherapy pool) wherever possible.

If you are not receiving physiotherapy from one of our therapists, the independent use of the Gym, Pilates Studio and Pool requires an assessment and development of an appropriate exercise program.

Ask at reception or call today on **08 9382 9600**

### Important Information

#### Rehab Gym Hours\*

Monday to Friday	7am-9pm*
Saturday & Sunday	9am-5pm*

#### Hydrotherapy Hours

Monday to Friday	6.45am-7.30am 7.30am-8.15am 5pm-6pm
Monday	12.05pm-1pm
Tuesday	12.05pm-1pm
Wednesday	12.05pm-1pm
Friday	12.05pm-1pm

#### Pilates Studio Hours\*\*

Monday to Friday	7am-9pm
Saturday & Sunday	9am-5pm

#### Individual Memberships

Gym/Hydro/Pilates	1mth	\$65
	3mth	\$170
	6mth	\$320
	12mth	\$480
Casual Fee	Session	\$15

#### All-In-One Memberships

Gym/Hydro/Pilates	1mth	\$80
Combined	3mth	\$220
	6mth	\$400
	12mth	\$600

\* Rehab Gym closed Mon 9.30am-3pm, 6-7pm, Tue 1-2pm, Wed 10-11am, Thur 11am-2.30pm, 6-7pm & Fri 9.30am-12noon due to classes.

\*\* Pilates / Gym / Pool Memberships require appointment booking.



[sportsmedsubiaco.com.au](http://sportsmedsubiaco.com.au)