

## Welcome to the Bishopdale YMCA

Conveniently located in the heart of Bishopdale Mall, adjacent to Bishopdale Park, our large modern facility is designed with busy lifestyles in mind, we have everything you could possibly want in a health and fitness centre.

- A new award winning modern centre set in the heart of a thriving shopping Mall.
- Plenty of the latest *Life-Fitness* cardio, strength and free weight equipment.
- Plenty of free lockers.
- Plenty of free car parking
- Free group fitness classes for members.
- Right next to the park for cross training, running and outdoor classes.
- Affordable Personal Training
- Our caring, friendly trainers provide free inductions and programmes for members.
- Your membership also allows you use of other YMCA's including Christchurch City Club.

- Dedicated air conditioned Spin Studio.
- Large dedicated air conditioned, sprung floor Aerobics Studio.
- Dedicated circuit Studio with latest Life-Fitness Circuit-Series equipment.
- We are a REP's (Register of Exercise Professionals) accredited facility and only employ expert REP's registered trainers.



## Discounted Memberships

### High School Student

For high school students under 19 years of age and only with Student ID. There are no membership holds or extensions and this membership is not reciprocal between centres.

### Tertiary Student

**For any tertiary students** with current Student ID. There are no membership holds or extensions and this membership is not reciprocal between centres.

### Corporate

A special lump sum or direct debit membership rate for staff from businesses with 5 or more members.

### Off Peak

For use in off peak hours (between 9.30am – 3pm) only. 12 month membership only.

There are no membership holds or extensions and this membership is not reciprocal between centres.

### Weekly Direct Debits

Painless and easy weekly payments, with no joining fee. Reciprocal membership with over 200 Debit success fitness clubs throughout New Zealand.

**3 Month or 12 Month minimum term.**  
First 4 weeks paid in advance.

### Full Memberships

|           |       |
|-----------|-------|
| 1 Month   | \$69  |
| 6 Months  | \$339 |
| 12 Months | \$539 |

### Discounted Memberships

#### Weekly Direct Debits

|                   |         |
|-------------------|---------|
| 3 Month Flexi     | \$13.99 |
| 12 Month Contract | \$11.99 |

#### Student

|                      |       |
|----------------------|-------|
| High School 6 Months | \$179 |
| Tertiary 6 Months    | \$249 |

**(no extensions, not reciprocal)**

#### Corporate

Direct Debit \$10.99 / week  
(3 month minimum term)

Or

|           |       |
|-----------|-------|
| 12 Months | \$399 |
|-----------|-------|

**Off Peak** \$399

12 Months, 9.30am – 3.00pm only

**(no extensions, not reciprocal)**

#### Body Composition Analysis

(by appointment only) \$15

#### Concessions

|           |       |
|-----------|-------|
| 10 Visits | \$99  |
| 20 Visits | \$189 |

**Casual Visit** \$12

### Bishopdale YMCA Open Hours

|            |                 |
|------------|-----------------|
| Mon - Thur | 6.00am – 9.30pm |
| Friday     | 6.00am – 7.00pm |
| Saturday   | 8.00am – 5.00pm |
| Sunday     | 8.00am - 4.00pm |

# Bishopdale Y-Fitness