

Welcome to the Christchurch YMCA

Conveniently located in the centre of the CBD, adjacent to Hagley 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.

- Plenty of 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 and running.
- 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 Bishopdale YMCA.
- Dedicated air conditioned Spin Studio.
- Large Aerobics and Circuit Studio.

- We are a REP's (Register of Exercise Professionals) accredited facility and only employ expert REP's registered trainers.
- On site Physiotherapy practice.
- Squash Courts.
- Indoor Climbing Wall.



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 for staff from businesses with 5 or more members. 12 month lump sum or weekly Direct Debit (3 month minimum).

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 Flexi (can cancel anytime after 3 months). First 4 weeks paid in advance.

12 Month contract (can cancel anytime after 12 months). 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)

Or

12 Months	\$399
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Body Composition Analysis

(by appointment only) \$15

Concessions

10 Visits	\$99
20 Visits	\$189

Casual Visit	\$12
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City YMCA Open Hours

Mon – Friday 6.00am – 9.30pm
Sat & Sunday 8.00am – 5.00pm

Y - Fitness