

# Health Club FAQ

## What do I get for being a member at AKAC?

Once you have signed up to an AKAC membership you are entitled to:

- Full access to the pool;
- Full access to the gym facilities;
- All aqua aerobics classes;
- All Health Club Group Fitness classes (check out our website for a full list of classes);
- Access to our face2face program.

## What happens if I need help to operate the equipment in the Health Club?

This is easy! Just ask one of our friendly, helpful and experienced staff members and they will gladly show you what you need to know to make sure your experience at AKAC is a safe and pleasurable one.

## What is the face2face program?

A 5 stage 1-on-1 personalised fitness plan using the latest scientific approach and most time efficient techniques so you never get bored or have to quit because you are too busy.

### The PROGRAM

**Stage 1:** Your consultation with a trainer to take some measurements and specs before creating your program

**Stage 2:** Your workout explained - Trainer will provide you with your personalised workout and go through it with you

**Stage 3:** Your workout boost - Trainer will observe your workout program and adapt and alter to suit you best!

**Stage 4:** Eating Habits \*option to substitute with PT

**Stage 5:** Final review & Results

## Where can I leave my bag?

We have both pigeon holes and lockers in the gym and larger lockers downstairs with the change rooms on the pool deck.

## Where can I get a locker key?

You can obtain your free locker key at the downstairs reception desk at the AKAC entrance by leaving a form of identification with staff. FREE for members!

## **What do I need to bring to my session at the Health Club?**

You need to present your membership card at the downstairs reception desk to staff who will swipe you in, you may also utilise the turnstile entry to gain entry to the Centre. You also need to bring a towel and ensure you are wearing covered footwear. A water bottle is also recommended so you can fill up at our water cooler.

## **I would like to hire a personal trainer to achieve better results, what do I need to do?**

1-on-1 personal training is available to everyone! Please talk to one of our membership consultants or email us at [enquires@akac.com.au](mailto:enquires@akac.com.au) to work out which Personal Training Package is best for you!

Personal training is a proven method to being the best you can be. Your trainer will motivate and mentor you to success.

## **Are classes a part of my membership?**

Group Fitness and Aqua Aerobics classes are a part of the Health Club membership. To attend a class, you just get a ticket from reception. Bare in mind spots are limited so make sure you are here 30 minutes prior to the class to check-in at reception to secure your place.

## **What time does the Health Club open?**

We are open from 6am till 9pm Monday to Thursday, 6am till 7pm Friday and Saturday and 8am till 7pm Sunday. If you wish to use our aquatic facilities please bare in mind that the pools close 30 minutes prior to the Health Club.

## **How do I participate in a group fitness class?**

Scan your card to obtain a ticket from the ground floor reception desk upon entering the Centre. You then provide this ticket to the class instructor before commencement of class. Classes open for check-in 30 minutes prior to start time.

## **How do I join an Aqua class?**

Scan your membership card to check in at reception on the ground floor to receive your wristband and ticket. Simply attach the band to your wrist and provide your ticket to the instructor before the commencement of the class. Classes open for check-in 30 minutes prior to start time.

## **Is there a maximum amount of people allowed in each class?**

Yes there is! Classes held in the Health Club and Downstairs Studio are limited to 15-18 people. Our Aqua classes have a cap of between 30-60 depending on the type of class you select.