



Gym - Training Investments



BEST VALUE

OPEN GYM ACCESS

\$ **40** /wk

- ✓ **Freedom On Your Own!**
- ✓ Access to Open Gym Sessions
- ✓ Access to Shower & Changerooms
- ✓ Temporary Locker Hire

GET STARTED

SHED HOBBYIST

\$ **44** /wk

- ✓ **Twice Weekly Strength Training!**
- ✓ Access to 2 x Shed Strong Sessions
- ✓ Special Sessions for Masters and Mums
- ✓ Access to Red Shed App
- ✓ Habit Setting & Daily Accountability
- ✓ Video Analysis & Results Tracking
- ✓ Access to Shower & Changerooms
- ✓ Temporary Locker Hire

GET STARTED

SHED ATHLETE

\$ **77** /wk

- ✓ **Personal Trainer in Your Pocket!**
- ✓ Monthly 1:1 PT Session and Program
- ✓ Access to Red Shed App
- ✓ Access to Open Gym Sessions
- ✓ Habit Setting + Daily Accountability
- ✓ Video Analysis & Results Tracking
- ✓ Access to Shower & Changerooms
- ✓ Temporary Locker Hire

GET STARTED

SHED PRO

\$ **99** /wk

- ✓ **Premium Red Shed Experience!**
- ✓ Unlimited Shed Strong Sessions
- ✓ Maximum 8 people per session
- ✓ Flexible Session Times
- ✓ Access to Red Shed App
- ✓ Habit Setting & Daily Accountability
- ✓ Video Analysis & Results Tracking
- ✓ Access to Shower & Changerooms
- ✓ Temporary Locker Hire

GET STARTED

SHED ULTIMATE

\$ **149** /wk

- ✓ **Shed Pro + Unlimited Wellness Hub!**
- ✓ All the benefits of Shed Pro PLUS
- ✓ Unlimited Access to the Wellness Hub
- ✓ Finnish and Infrared Sauna Access
- ✓ Fjord Ice Bath
- ✓ ZeroBody Dry Float
- ✓ The Complete Experience

GET STARTED

STRENGTH & CONDITIONING
HEALTH & WELLNESS
MOBILITY & FLEXIBILITY
EXPERT GUIDANCE

www.redshed.org.au