



## Welcome to the Shallows Lifestyle Centre

The Shallows Gym is a personal studio gym for use by members of SCFH and the broader community.

### Membership options and fees

Unlimited gym access for 1 month	<b>\$60 (\$15/week)</b>
Unlimited gym access for 3 months	<b>\$170 (\$14.20/week)</b>
Unlimited gym access for 6 months	<b>\$286 (\$12/week)</b>
Unlimited gym access for 12 months	<b>\$458 (\$8.80/week)</b>
Single group session (Mon/Wed/Fri classes)	<b>\$7.50</b> (non-members)

### Other consultations

Initial consultation with an exercise physiologist or dietitian*	<b>\$75</b>
Review consultation with exercise physiologist or dietitian* (subsidised by most private insurers)	<b>\$60</b>

\*If you have a care plan these consultations will be bulk billed.

### Additional information

There is a 20 per cent discount for additional family members who are patients at Shell Cove Family Health.

The number of members to Shallows Lifestyle Centre is capped in order to avoid overcrowding and guarantee comfort for our members. The number of users is limited to **four** at any one time. Therefore, **there is a booking system to use the gym.**

Grand Pacific Health Ltd (ABN 49 062 587 071, trading as Illawarra-Shoalhaven Medicare Local)

Shell Cove Family Health  
2 Shallows Drive, Shell Cove  
Ph: 4220 8800 | Fax: 4220 8899  
Email: [admin@scfh.org.au](mailto:admin@scfh.org.au)  
[www.scfh.org.au](http://www.scfh.org.au)

We acknowledge the Traditional Custodians of this land and their culture. We also pay our respects to the elders: past, present and future generations.

Illawarra-Shoalhaven Medicare Local acknowledges support received from the Australian Government Department of Health.



## Welcome to The Shallows Gym

The **Shallows Gym** is a personal studio gym for use by members of SCFH and our community. For safety, wellbeing and the benefit of our members, please respect and adhere to our guidelines.

### Shallows Gym guidelines

1. All gym users must undergo an orientation prior to use. This will take approximately 10 minutes.
2. You require a booking to use the gym. Please book in to use the gym prior to arrival as we limit the number of gym users to four at any one time. It is courteous to inform us if you cannot attend or need to move your appointment time.
3. Group class participants will forfeit their place in the class if they are more than 5 minutes late.
4. The gym is open during practice opening hours, except between 10:30am-12:30pm on Mondays, Wednesdays and Fridays where the gym is closed to other members for group exercise classes.
5. Please present to reception to sign in and out before and after you use the gym.
6. Obtain and store your individual gym programs at reception (if you have one).
7. It is a requirement that you bring your own towel, otherwise we have them available for hire at reception for \$2 each.
8. The gym is under constant video surveillance for security and safety purposes.
9. The first aid kit is located next to the radio and water cooler and is included in our gym orientation.
10. Use all equipment with caution. Do not use any equipment you are not confident of operating safely. Please do not reposition equipment, and advise staff of any suggestions.
11. If you are feeling unwell or faint, please do not continue to exercise and inform staff.
12. In the event of an emergency press the buzzer located on the whiteboard.
13. Please notify reception staff immediately if an incident occurs or you injure yourself in the gym so that necessary paperwork and an incident report can be lodged.
14. Please be considerate and limit use of gym equipment to 20 minutes during busy periods.
15. Persons under the age of 16 must be supervised by a responsible adult to use the gym.
16. You are welcome to store your personal items in the lockers at your own risk.
17. You are welcome to use the water cooler provided. If the bottle needs replacing please advise reception; do not replace the bottle yourself.
18. The gym has individually controlled air conditioning which can be adjusted using the panel near the entry door.
19. The music may be controlled by gym users however a volume limit of 20 exists for the consideration of others working upstairs. Please ask staff for assistance if required.
20. From time to time, we may administer fire drills and alarm drills. You will be notified beforehand and will be required to partake and follow staff instructions.
21. Please notify staff immediately if you discover any hazardous risks.

We welcome your suggestions. Please visit reception or email us at [admin@scfh.org.au](mailto:admin@scfh.org.au)

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