

MEMBERSHIP OPTIONS

RF++

RF PROGRAM	RF CLUB	RF SPC	RF SPC++
Individualised program design	Individualised program design	Individualised program design	Individualised program design
Gym access	Gym access	Gym access	Gym access
Access to RF Conditioning sessions	Access to RF Conditioning sessions	Access to RF Conditioning sessions	Access to RF Conditioning sessions
	1 x club training session per week	2 x semi private sessions per week	2 x semi private sessions per week + additional programming
\$50 PER WEEK	\$75 PER WEEK	\$100 PER WEEK	\$140 PER WEEK

PRIVATE COACHING - \$100 - \$120 PER HOUR (GYM ACCESS AND ACCESS TO RF CONDITIONING INCL.)

*ALL MEMBERSHIPS ARE CHARGED FORTNIGHTLY VIA DIRECT DEBIT