

What do I get with my membership at Aspyre Fitness?

Our memberships are all inclusive to all areas of the gym. Meaning that we do not have memberships only for this or that. You can try it all.

Aside from the physical equipment there are a number of extras.

Personal Training every month with memberships 3 months+. During this time you have a hui with one of our experienced team to find out your goals, where you are at now, are there any obstacles in your way and design a plan to get you moving towards those goals. We don't subscribe to the one size fits all approach therefore every program we create is unique and created from years of experience.

Access to all group fitness classes. No booking required. We have a range of classes to choose from and they all work for a wide variety of ability levels from beginner to advanced. Our classes including the Les Mills classes are designed to be very scalable.

On demand group fitness. We regularly record our live class sessions so that you can do them anytime anywhere. We have also set up a large screen in our group fitness studio so you can do them in there. ... Missed a class? No problem.

Sauna and massage. During staffed hours our sauna and massage chair is available for you.

Separate boxing studio. A space to vent and sweat it out. Several boxing bags and a matted floor for grappling practice.

Training App. Detailed training and nutrition programming delivered straight to your phone daily.

Members only area of website. In here you will find class replays, a massive nutrition and recipe database, training ideas and useful tips from how to lose fat to steps to bulletproof your joints.

Rock Climbing. Our rock climbing area is a bouldering facility. This means no rope and no partner needed. Climbing is a natural human skill and there was nowhere in the Bay to climb so we built one for you.

Gymnastics and Callisthenics gear and training. After years of experience with normal gym training Jamie got interested in moving in different ways so we now have rings, high and low bars, parallel bars high and low and the skills to use them. Spark up your training and build strength in new ways.

Then of course there is the gym itself.

Full cardio suite: treadmills, bikes, rowing machines, kayak machine, ski machine, cross trainers.

Free weights, we have quite a large area for this which allows us to have multiple of many pieces so you won't have to wait for your weights.

Lots of balls, big ones for balancing, heaving ones for liftings and throwing, kettle bells for swinging. Ropes all over the place, some from the ceiling some on the ground for a variety of conditioning exercises.

Rubber bands and foam rollers of all sizes to keep muscles and connective tissues healthy.

Our Partners: onsite physio, martial arts academy, deep tissue therapist and yoga studio.

A friendly smile. We take an interest in our members success and strive to create an environment that makes people feel valued.