



LAURA FERGUSSON  
Rehabilitation

Auckland Regional Centre  
Gym Membership &  
Personal Training



## Gym membership

We have 3 month, 6 month and 12 month gym membership options available.

Upon joining, each new gym member receives a free Fitness Assessment and exercise programme specific to their goals (valued at \$45).

During your orientation, our Fitness Trainers will guide you through your tailored programme and ensure you're comfortable with each exercise, while answering any questions you may have.

Please email us at [info@lft.co.nz](mailto:info@lft.co.nz) or call **+64 9 524 0537** for more information about joining our gym.

## Personal Training

If you're after extra motivation and support, Personal Training is an effective way to reach your goals. Our Fitness Trainers will design a training plan specific to your needs and encourage you to reach your potential. They'll monitor your progress and evolve your programme to match your every step.

Personal Training sessions need to be booked in advance. Please email us at [info@lft.co.nz](mailto:info@lft.co.nz) or call **+64 9 524 0537** to book.

## Gym opening hours

- Monday: 8am to 5pm
- Tuesday: 8am to 5pm
- Wednesday: 8am to 5pm
- Thursday: 8am to 5pm
- Friday: 8am to 5pm

Closed weekends and public holidays.