

Membership Breakdown

	Longevity Clinician-Led Longevity Optimisation	Perform Gym + Group	Train Open Gym	MOVE Group Classes
Comprehensive pre-entry assessment	✓	✓	✓	✓
Unlimited group classes	✓	✓	✗	✓
Open gym access	✓	✓	✓	✗
Clinician-led gym induction	✓	✓	✓	✗
Extended access outside of staffed hours	✓	✓	✓	✗
Premium add-ons with Pilates, allied health and hydrotherapy	✓	✓	✓	✓
Access to sauna, ice baths & recovery zone	✓	✓	2 sessions/week	2 sessions/week
Longevity health screening, assessments & planning	✓	✗	✗	✗
Bespoke movement assessment & safety screening	✓	✗	✗	✗
Individual exercise program & goal setting	✓	✗	✗	✗
1-1 sessions with a Physio/Exercise Phys. every 12 weeks	✓	✗	✗	✗
Comprehensive program review every 12 weeks	✓	✗	✗	✗
Nutrition plan with a dietitian plus 6-monthly reviews	✓	✗	✗	✗
	\$139 / week*	\$119 / week	\$89 / week	\$99 / week

*12-month membership only.
See membership details on page 27.