

Flexible Training

Casual Visits

	Gym Includes Gym, Group Exercise, Pool, Sauna & Steam	Pool Includes Pool, Sauna & Steam
Concession	\$17	\$8
Adult	\$20	\$10
5 Visit Con	\$65	\$35
5 Visit	\$75	\$45
10 Visit Con	\$120	\$65
10 Visit	\$140	\$85
Weekly Pass (7 Days)	\$65	

Personal Training

PT fees are additional. All clients must either scan in as a member or pay a casual entry fee before their session.

	1-2 People	3+ Team Training
30 Minutes	\$45	\$25ea
45 Minutes	\$60	\$30ea
1 Hour	\$70	\$40ea
10x 30 Min	\$400	
10x 45 Min	\$550	
10x 1Hr	\$650	

Lunchtime Membership

Middy Movement, Made Affordable
Off-Peak Membership gives you access from
11:30am–3:30pm Monday to Friday Only.

12 Month Platinum	\$60 Per Month	\$579 Upfront
12 Month Gold	\$55 Per Month	\$519 Upfront
12 Month Silver	\$40 Per Month	\$359 Upfront



Dubbo RSL Aquatic and Health Club

178 Brisbane Street Dubbo

Phone: 02 68841777

Email: healthclubadmin@dubborssl.com.au

Web: www.rslhealthclub.com.au

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Dubbo RSL Aquatic and Health Club

One club,
Endless Possibilities

Membership Price List

OPEN 7 DAYS A WEEK

MON - FRI: 5AM-9:30PM
SAT: 7AM-5PM
SUN: 8AM-4PM



About Us



We're more than just a gym, we're a supportive, welcoming community focused on helping you FeelGood and live better.

Our facility offers everything from a fully equipped gym and group fitness classes to a heated 25m indoor pool, swim lessons, personal training, BJJ, squash courts, sauna and steam rooms, and a juniors room.

We pride ourselves on exceptional customer service, clean and safe spaces, and personalised support through tailored programs and expert guidance. Every visit is an opportunity to connect, feel motivated, and be part of something bigger.

Our mission is to provide an inclusive, affordable space where everyone can thrive, and our vision is to enhance the health and well-being of our community through top-tier fitness services and care.

Dubbo RSL Aquatic and Health Club

Leadership That Lifts Us



**Their
Weekly
Rate Our
Monthly
Price!**

Choose Your Membership

With so many ways to FeelGood, there's a membership made for you!

All new members pay a \$59 sign-up fee. Includes a FG bag, gym towel & drink bottle

Silver Membership

Features

- Indoor 25m Heated Pool
- Aqua Classes
- Sauna & Steam Room
- Juniors Room

From
\$65 /month

Gold Membership

Features

- Gym
- Group Fitness
- Indoor 25m Heated Pool
- Sauna & Steam Room
- Juniors Room
- Personalised Gym Program

From
\$90 /month

Platinum Membership

Features

- FTA Private Access
- Gym
- Group Fitness
- Indoor 25m Heated Pool
- Sauna & Steam Room
- Juniors Room
- Personalised Gym Program

From
\$105 /month

Silver Prices

	Adult	RSL Member / Concession
Monthly Direct Debit Min 6mth contract	\$70 per month	\$65 per month
1 Month	\$109	\$99
3 Month	\$279	\$259
6 Month	\$389	\$359
12 Month	\$619	\$579
VIP 12 Month	\$589	\$549

Gold Prices

	Adult	RSL Member / Concession
Monthly Direct Debit Min 6mth contract	\$95 per month	\$90 per month
1 Month	\$159	\$149
3 Month	\$379	\$349
6 Month	\$549	\$509
12 Month	\$869	\$809
VIP 12 Month	\$829	\$769

Platinum Prices

	Adult	RSL Member / Concession
Monthly Direct Debit Min 6mth contract	\$110 per month	\$105 per month
1 Month	\$179	\$169
3 Month	\$429	\$399
6 Month	\$629	\$589
12 Month	\$999	\$929
VIP 12 Month	\$949	\$889

Offers

1mth FREE

All New Members who purchase 1mth Gold Membership automatically get 1 month free*

Up to 10% off

For RSL Memorial Club Members, Pensioners, Students, Emergency Personal, Defence Services and Concession Card Holders

Group Discount Offer

Save 15% when 4+ people join together, or 20% when 15+ join at once on any 12-month membership!

VIP Price

Been a member for 5 consecutive years? You qualify for our VIP Price*

Join as a Family

Pay for 2 adults, kids under 16 join FREE!*
Up to two adults and unlimited children under 16 on the same Medicare card.

BEST PRICE



Personal Training

The image features a white background with decorative purple geometric shapes in the corners. In the top-left corner, there are three parallel diagonal stripes in shades of purple. In the top-right corner, there is a solid dark purple shape. In the bottom-left corner, there is a solid dark purple shape. In the bottom-right corner, there are three parallel diagonal stripes in shades of purple, mirroring the top-left corner.

PERSONAL TRAINING SERVICES



PERSONAL TRAINER

CONNOR HAMILTON

SERVICES

Customized Workout Plans
Nutrition Guidance
One-on-One Training
Online Coaching

BOOK NOW

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