

**PLUS  
FITNESS**



**MENAI, SUTHERLAND,  
ENGADINE, CARINGBAH  
RAMSGATE, HURSTVILLE**

# Your Plus Fitness Exclusive Perks



**Muscle Recovery & Rehab:**

**Seib**  
CHIROPRACTIC

 **PhysioClub**

BAY IDE  
PHY IOTHERAPY  
SPINAL SPORTS & REHABILITATION

**CITY CAVE**  
FLOAT & WELLNESS CENTRE  
SOUTH VILLAGE

back  **active**  
HEALTHCARE

  
**SWITCH**  
MENAI

 **FORMATION**  
PHYSIO

**ZEN**  
WELLNESS STUDIOS

*Exclusive to our members – view full offers in-club*



## Meal Prep & Supplements:



ELITE  
SUPPLEMENTS



youfoodz



## Fitness Gear & Footwear:



LSKD



MUSCLENATION



## Other Exclusive Benefits:



The  
Caffeine  
Garden



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