

**PLUS
FITNESS**



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

Your Plus Fitness Exclusive Perks



Muscle Recovery & Rehab:

Seib
CHIROPRACTIC

BAY IDE
PHY IOTHERAPY
SPINAL SPORTS & REHABILITATION

CITY CAVE
FLOAT & WELLNESS CENTRE
SOUTH VILLAGE


SWITCH
MENAI

back active
HEALTHCARE

 **PhysioClub**

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



Exclusive to our members – view full offers in-club