

The Gym

The Riverside Fitness venue comprises three levels of state-of-the-art facilities, including:

- The cardio floor … to burn off those stubborn kilos and increase your fitness.
 - Weights and strength equipment … ideal for athletes, rehabilitation clients and those who just want to tone up and look good.
 - Group fitness room … our ‘funky bunker’ where Pilates classes and boxing training are done in insulated peace and quiet.
 - Massage room – quiet and comfortable so that the talented Bernie can work her magic.
- Member amenities

We know that both convenience and cleanliness matter to our members, so we have invested considerably in high-quality shower and change-room facilities that make the transition from gym to the outside world (and back again) effortless and enjoyable. A complimentary towel and toiletry service is also provided.