



RLC Membership Opt-in FAQ's

Why should I opt in?

One of the best decisions you can make for yourself. Get yourself back on track with your health and wellness with the ease and freedom to access Reservoir Leisure Centre gym, classes and aquatic areas.

When does the direct debits start?

On the 7th of January 2021

If I opt in do I still need to book in for classes?

Yes, through Nabooki via our Facebook, or via our website or call us on 9496 1050 and our friendly staff can assist you.

Select "Active Member" from the drop down menu when booking.

Can I use the showers and toilets while I'm at RLC?

Yes, you can.

Are there lockers to use?

Yes there are lockers available in the change rooms and aquatic areas. Valuables lockers are available in the gym.

If I opt in can I get a fitness assessment?

Our qualified gym instructors support all present and new members to identify and set fitness goals. Members can book in for a free Rezza Restart assessment and gym program, where we will talk to you about your goals and develop a tailored program for you to follow.

We show you how to use gym equipment, ensuring you feel confident to use it properly and safely, and we can help track your progress by re-assessing and modifying your program based on your current fitness level.

Select Rezza Restart to book your session through our website, over the phone, or in person at your next visit.

Will a gym staff member be there on the gym floor?

Absolutely, we are here for you in your journey back and will support you in very way we can.

Is there a time limit on my visit at RLC?

At present Government restrictions suggest a 2-hour window per visit.

Can I come more than once a day?

Yes, you can visit as many times as you like during a single day if you have breaks in between your visits.

What's included if I opt in?

You will receive access to all available services at Reservoir Leisure Centre such as gym, group fitness, cycle classes, and our aquatic spaces once they have reopened.



Can I use the water stations to refill my water bottle?

Yes, you can use our stations to refill your bottle. Drinking fountains are not currently in use.

How is the gym and equipment being kept clean?

Our staff clean all areas of the gym every day, and clean high touch points once per hour. All patrons must clean equipment between every use using antibacterial wipes supplied.

What about contact tracing?

Check into RLC each visit by scanning the QR code upon entry using your mobile phone camera. If you do not have a phone with a camera, our customer service staff check in for you.

Do I have to bring a towel?

Yes. A towel is required as a condition of entry for all gym and group fitness visits. Towels can be purchased for \$5 at reception.

What classes are available if I opt in?

Here's a copy of our Holiday Group Fitness timetable below. We will be launching our Summer 2021 timetable from Monday 18th January 2021.

What about Aqua Exercise classes?

Unfortunately, due to our pool currently being closed, we have been unable to resume Aqua Moves and Arthritis classes. Please call the centre or follow our Facebook page to stay up to date with the latest news.



RLC HOLIDAY GROUP FITNESS TIMETABLE – Week beginning 21st December

Bookings are essential. Book online via our website, or alternatively call Customer Service on 9496 1050 who can book over the phone.



	MON 21 st	TUE 22 nd	WED 23 rd	THUR 24 th	FRI 25 th	SAT 26 th	SUN 27 th
Centre Opening Hours	7.30am - 8.30pm	7.30am - 8.30pm	7.30am - 8.30pm	7.30am – 1.00pm	CLOSED	8.00am – 1.00pm	8.00am – 1.00pm
8.05am							
8.30am						BODY STEP	
9.00am							
9.15am	PILATES	BODY PUMP					
9.30am			RPM			BODY PUMP	
10.15am		YOGA					
10.30am				BODY BALANCE			
11.15am	STRENGTH FOR LIFE		STRENGTH FOR LIFE				
5.30pm	SPRINT 30						
6:15pm			BODY PUMP				
7:15pm	BODY PUMP		BODY STEP				

RLC HOLIDAY GROUP FITNESS TIMETABLE – Week beginning 28th December

	MON 28 th	TUE 29 th	WED 30 th	THUR 31 st	FRI 1 st	SAT 2 nd	SUN 3 rd
Centre Opening Hours	7.30am - 8.30pm	7.30am - 8.30pm	7.30am - 8.30pm	8.00am – 1.00pm	8.00am – 1.00pm	8.00am – 1.00pm	8.00am – 1.00pm
8.05am							
8.30am						BODY STEP	
9.00am							
9.15am	PILATES	BODY PUMP					
9.30am			RPM			BODY PUMP	
10.15am							
10.30am				BODY BALANCE			
11.15am							
5.30pm	SPRINT 30						
6:15pm			BODY PUMP				
7:15pm	BODY PUMP		BODY STEP				

RLC HOLIDAY GROUP FITNESS TIMETABLE – Week beginning 4th January





Bookings are essential. Book online via our website, or alternatively call Customer Service on 9496 1050 who can book over the phone.

	MON 4 th	TUE 5 th	WED 6 th	THUR 7 th	FRI 8 th	SAT 9 th	SUN 10 th
Centre Opening Hours – Return to full opening hours							
6.15am		RPM		RPM			
8.05am							
8.30am						BODY STEP	
9.00am							
9.15am	PILATES	BODY PUMP					
9.30am	RPM		RPM		SPRINT 30	BODY PUMP	
10.15am							
10.30am				BODY BALANCE			
11.15am							
5.30pm	SPRINT 30		SPRINT 30				
6:15pm			BODY PUMP				
7:15pm	BODY PUMP		BODY STEP				

RLC HOLIDAY GROUP FITNESS TIMETABLE – Week beginning 11th January

	MON 11 th	TUE 12 th	WED 13 th	THUR 14 th	FRI 15 th	SAT 16 th	SUN 17 th
Centre Opening Hours – Return to full opening hours							
6.15am		RPM		RPM			
8.05am							
8.30am						BODY STEP	
9.00am							
9.15am	PILATES	BODY PUMP					
9.30am	RPM		RPM		SPRINT 30	BODY PUMP	
10.15am							
10.30am				BODY BALANCE			
11.35am	STRENGTH FOR LIFE	YOGA	STRENGTH FOR LIFE				
5.30pm	SPRINT 30		SPRINT 30				
6:15pm			BODY PUMP				
7:15pm	BODY PUMP		BODY STEP				