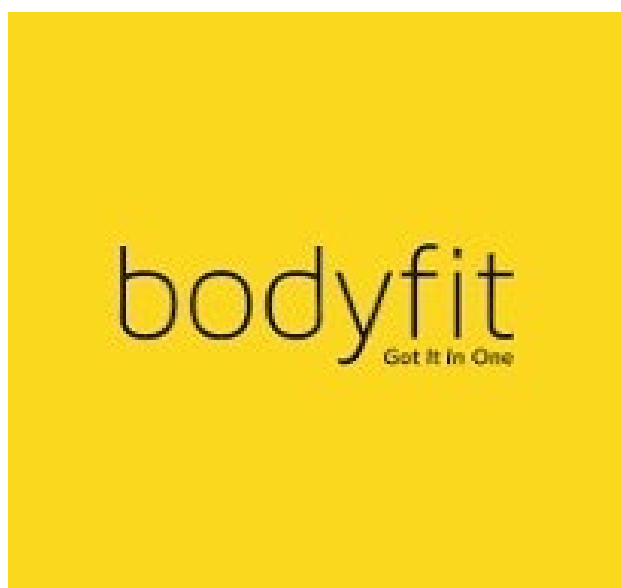


# Access Guide

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## Bodyfit

Shop 8A/1 Dalgal Way

Forest Lodge NSW 2037

(located in Tramsheds)

[Directions](#)

(02) 9058 2588

[glebe@bodyfit.com.au](mailto:glebe@bodyfit.com.au)

<https://bodyfit.com.au/gyms/bodyfit-glebe/>

# Opening Hours and Membership

Hours: Monday – Thursday: 5am – 10pm | Friday: 5am – 9pm | Saturday – Sunday: 7am – 4pm.

Digital copies of pre-screening forms available on members portal.

Sign up for membership online <https://bodyfit.com.au/memberships/join-now/>

## **Payment Options**

Membership weekly direct debit payments.

Membership paid in full.

Casual membership options.

## **Bookings (Classes and Creche)**

Via health club app ([Bodyfit Fitness Centre App](#)).

Over the phone ((02) 9058 2588).

Via reception.

# Bodyfit App

Available on [Google Play](#) and the [App Store](#).

Functions: Class & Creche bookings, Group Exercise timetables, Crowd DJ music requests, Account Management, Feel Good: Virtual classes on your mobile phone, Club info, Busy metre.

# Parking



Accessible parking available. Within car park, immediately outside main entrance to the centre.

Other parking: General parking, general parking with restrictions. Within Tramsheds carpark.

Clear and visible signage to guide users from the parking area to the club entrance.

Clear pathways from parking areas to the building entrance.

# Main Entrance



Tramsheds entry – Ramp with handrails.

Bodyfit entry - small step equipped with rubber wedges to create a softer, more stable surface

Bodyfit main entry door: Automated. Horizontal clearance of main entry door 2300mm.

Key fob or swipe card entry that grants access. Access reader panel height 1230mm.

# Reception



Reception staffed. Monday – Thursday: 5am – 10pm | Friday: 5am – 9pm Saturday – Sunday: 7am – 4pm.

Height of the main reception desk 1230mm AFFL. Height of the lower main reception desk 910mm AFFL.

Merchandise and whey protein shakes available.

Payment options: EFTPOS. EFTPOS machines on a long cord or cordless so they can be passed over to someone using a wheelchair.

# Rest/Social Area

Furniture options – Stools and tables.



# Accessible Bathrooms

Past reception on the left.

Entry door. Manual, push to open. Horizontal clearance 885mm.

Position of the grab bars right-hand side.

Emergency button.

Accessible shower. Grab bars. Hand held shower hose. Soap. Shampoo.

# Other Toilets

Past reception on left.

Separate men/boys and women/girl's toilets with ambulant cubicles.

Clear toilet signage.

# Changerooms



## **Shower provisions in men/boy's changeroom:**

Private cubicle with locking doors

Adequate hot and cold-water supply

Non-slip flooring

Adequate lighting

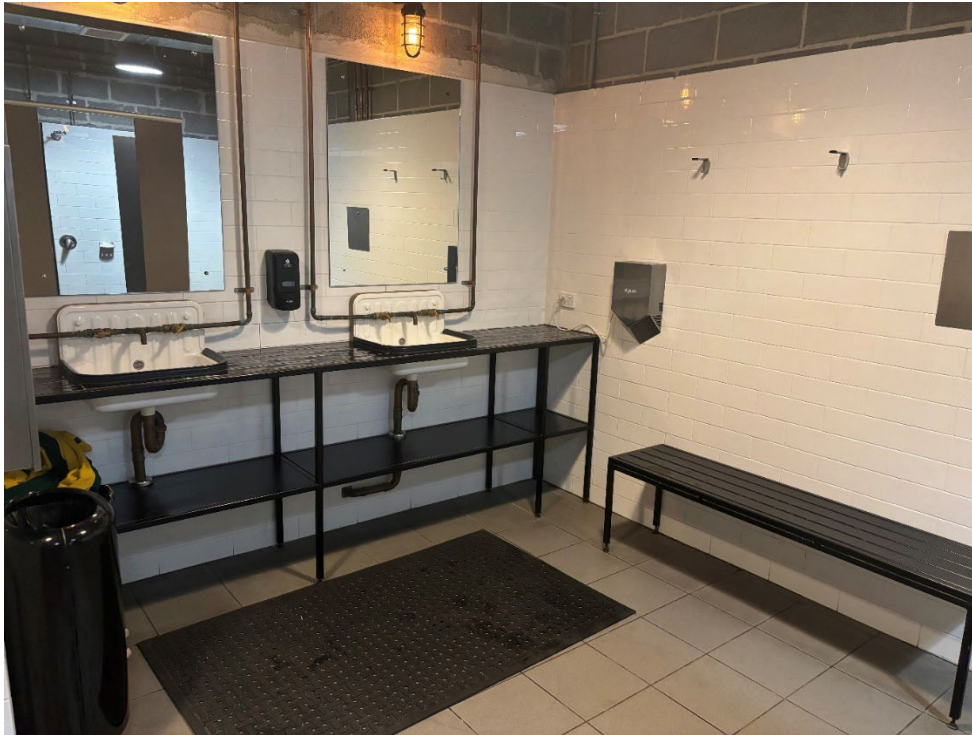
Hooks or shelves to hang clothing and personal items

Soap

Shampoo

Mirrors.





**Shower provisions in women/girl's changeroom:**

Private cubicle with locking doors

Adequate hot and cold-water supply

Non-slip flooring

Adequate lighting

Hooks or shelves to hang clothing and personal items

Soap

Shampoo

Mirrors.

# Health Services

Full membership.

Functional group training.

Group classes.

Personal training.

Wellbeing classes.

1:1 personal training for people with disability.

Inclusive training: Personal trainers experienced with the support needs of people with disability. Bookings are essential.

Personal trainers of all genders.

# Environmental Acoustics

Health club plays background music. Happy to turn the music volume down on request.

Flooring throughout the club - Fixed rubber matting in the weights and cardio area, synthetic turf in functional training zones and tiles in the bathrooms.

# Quiet Times

Quietest days and times: Weekdays 10am - 11am and 2pm - 3pm. Peak days and times: Weekdays 7-8am and 6-7pm.

Maximum capacity of health club 50.

# Gym Equipment and Training Zones

Accessible equipment - Bar bells, Cable machines, Cardio equipment, Dumbbells, Fit balls, Foam rollers, Free weights, Functional training equipment, Kettle bells, Medicine balls, Recumbent bikes, Thera Bands.



**Program Room**



**Cardio zone**



**Functional training zone**



**Weights zone**



**Stretch/warm up area**

# Provisions and Services

Accessible tours.

Clear space between furniture for a person to manoeuvre a mobility aid (e.g. wheelchair, walking frame, stick, crutches).

Vending machine.

Merchandise Store.

Free Wi-Fi.

Pen and paper for exchange of information.

Wheelchair circulation space.

Pigeon holes available on the gym floor.

Drinking fountains/water bottle refill stations: 1040mm height.

Creche: Members only. Opening times of the creche: Monday, Tuesday, Friday from 9am-12pm.

# Health and Safety

First aid kit - Near the bathrooms.

Defibrillator - With the first aid kit, near the bathrooms.

# Sensory Guide

A sensory guide helps people understand what they might see, hear, or feel in a certain place. It is useful for people who are sensitive to sensory experiences, such as those with autism or sensory processing disorder. This guide can be helpful in dealing with new or challenging situations.

At a gym:

## **I might feel**

Air conditioner

Change in ground surface

Different textures of gym equipment

Heating

Increased body temperature

Increased heart rate

Muscle tension during exercise

Perspiration

Shared personal space

Fans

Weather (outdoor training)

## **I might hear**

Amplified voice

Announcements

Echo

Feet stomping

Grunting

Gym equipment

Hand dryers (bathrooms)

Heating/Cooling

Locker doors

Music

People

Toilets flushing (bathrooms)

Water running (bathrooms)

Weather (outdoor training)

Weights clanging

**I might see**

Digital screens

Fans spinning

Glare

Lighting, dim, bright, flickering

Mirror/Reflection

People exercising

Fast paced movement of people during exercise

**I might smell**

Air Freshener

Cleaning products

Deodorants

Disinfectants

Perspiration

Rubber matting

Sanitiser/Wipes

Sunscreen (outdoor training)

Air Freshener

Cleaning products

Deodorants



Disinfectants

Perspiration

Rubber matting

Sanitiser/Wipes

Sunscreen (outdoor training)

For accessibility-related questions or concerns, contact Oliver Plummer, Operations Manager - [oliver.plummer@bodyfitcorporate.com.au](mailto:oliver.plummer@bodyfitcorporate.com.au)

**Designed and developed in collaboration with [Access Ability Australia](#) and Bodyfit.**