

Active Mum

I AM healthy. I AM energised. I AM awesome.

Join the Active Mum Village and commit to feeling healthy, happy, energised, confident & awesome in 2020.

Active Mum is a studio with a village-feel where mums and mums-to-be feel truly comfortable, supported and inspired on their journey to living their best life.

You will have access to world class exercise and wellness programs designed specifically for mums and pregnant women.

Over the last ten years, we have worked with over 10,000 mums and are so excited to be now helping mums in **Castle Hill & Manly**.

CLASS PASSES

New Client Intro Offer \$49 unlimited classes for 2 weeks	Casual Class \$29	I AM Casual 20 class pack \$499
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MEMBERSHIPS

	12 Month Direct Debit Membership \$42 pw \$59 pw \$89 pw	No Fixed Term Membership \$52 pw \$69 pw n/a	12 Month Paid Upfront \$1,699 (save \$485) \$2,499 (save \$569) \$3,499 (save \$1,629)
I AM Fit			
I AM Infinite			
I AM Unstoppable			

CASTLE HILL MEMBERSHIPS

I AM Fit



- 2 X PER WEEK CLASSES

- Access to the Active Mum Membership Community Private Group on Facebook
- 10% discounts on products, courses, Assessments, Personal Training and meal plans.
- Active Mum Member Referral Reward System (refer a friend that joins, and you get 2 weeks free membership!)

I AM Infinite



- UNLIMITED CLASSES

- Access to the Active Mum Membership Community Private Group on Facebook
- 10% discounts on products, courses, Assessments, Personal Training and meal plans.
- Active Mum Member Referral Reward System (refer a friend that joins, and you get 2 weeks free membership!)

I AM Unstoppable



Your ultimate support and accountability program.

- UNLIMITED CLASSES

- 10 Week Active Mum Family Friendly Meal Plan-Packed full of yummy, nutritious recipes that the whole family will love (it even includes your shopping list)
- 45 Minute Core, Pelvic Floor, Posture, Back, & Fitness Assessment + Goal Setting & Action Plan
- 15 Minute Follow Up Assessments every 6 Weeks, to keep you on track, accountable and ensuring you look and feel your best for ever.
- Access to the Active Mum Membership Community Private Group on Facebook
- 10% Discount of Active Mum Courses & Special Programs
- Active Mum Member Referral Reward System (refer a friend that joins, and you get 2 weeks free membership!)

