



K U D O S
H E A L T H C L U B

IS LUXURIOUS

IS EXCLUSIVE

IS WHERE I BELONG



KUDOS

IS WHERE I BELONG

Kudos Health Club is the first of an exciting new generation of exclusive luxury health clubs which has received an overwhelming response throughout the Gold Coast community.

Kudos is designed for the discerning, professional user and offers a multi-sensory experience; luxuriously appointed with the world's best training equipment, a super hygienic environment and a level of personal service unmatched by any other health club.

Kudos Health Club sets a whole new standard in luxury and style and is ideal for both working out and relaxing.





KUDOS IS EXCLUSIVE

- Invitation only club *
- Luxurious fit out
- Focus on wellness and enjoyment
- An experience not a workout
- Limited memberships
- Designed for the discerning professional user
- High service and client care
- Complimentary Towel Service
- Client focus—extraordinary cultural experience

*Early bird memberships available until 1000 members then via invitation and nomination only





KUDOS IS INDULGENCE

MEMBERS LOUNGE / CAFÉ

- Complimentary continental breakfast bar during weekdays
- Extended nutritious food and drink menu available from 6am
- Free Wi-Fi
- Meet for coffee with friends
- Bring your laptop, catch up on emails
- Outdoor poolside seating
- Poolside café seating options
- Relaxing and stylish

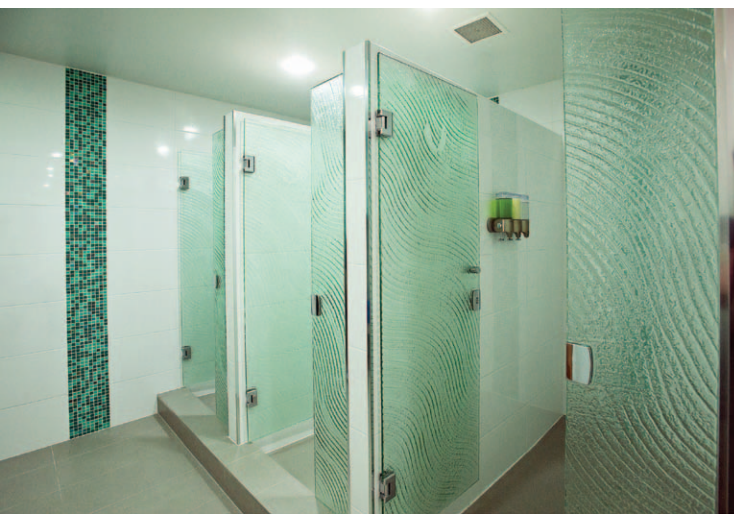




KUDOS IS LUXURIOUS

LUXURY CHANGE ROOMS

- Elegance and style
- Complimentary quality toiletries, shampoo, aftershave, deodorants, perfume - if you find yourself short
- Separate male and female sauna
- Ironing station
- Hairdryers and straighteners
- Complimentary towel service
- Lockers
- Super hygienic environment

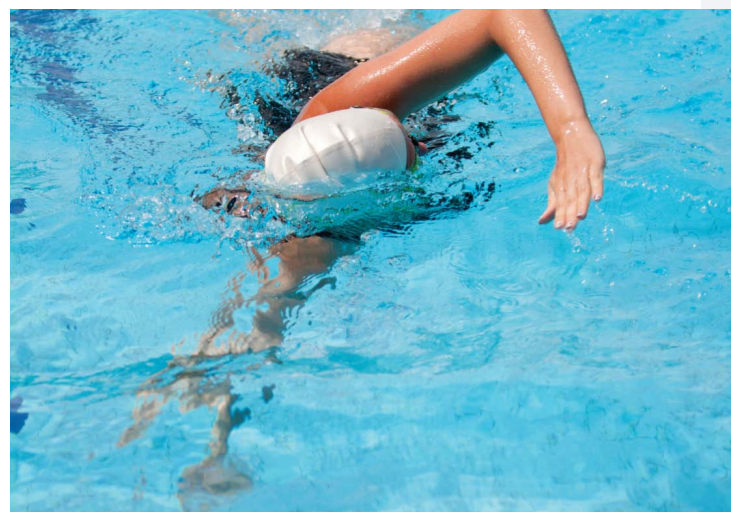
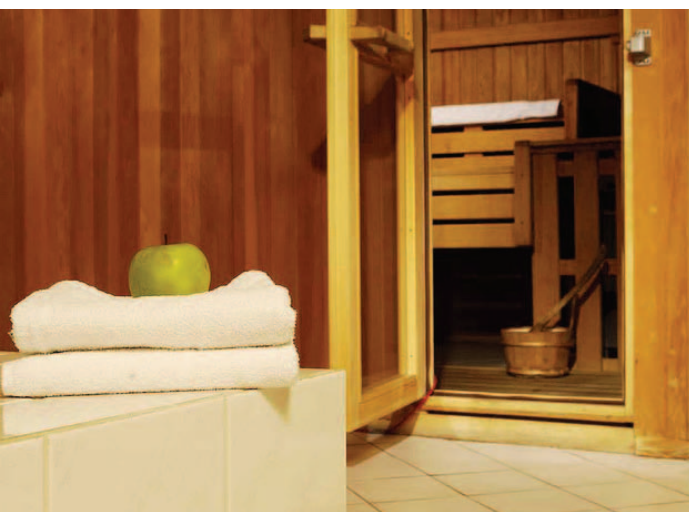




KUDOS IS ESCAPE

RESORT STYLE 25M
HEATED SWIMMING POOL

- Heated all year round
- Train or just relax
- Layback in a deck chair
- Aqua aerobics
- Swimming lessons
- Separate male and female sauna facilities





KUDOS

IS STATE OF THE ART

CARDIO THEATRE

- The most advanced technology in Australia
- Fully integrated audio visual entertainment systems
- Internet access on your machine
- Foxtel
- iPod docking station (watch you own movies, listen to your own music)
- Large selection of music stations





KUDOS IS SUPERIOR TECHNOLOGY

TECHNOGYM WELLNESS SOLUTION

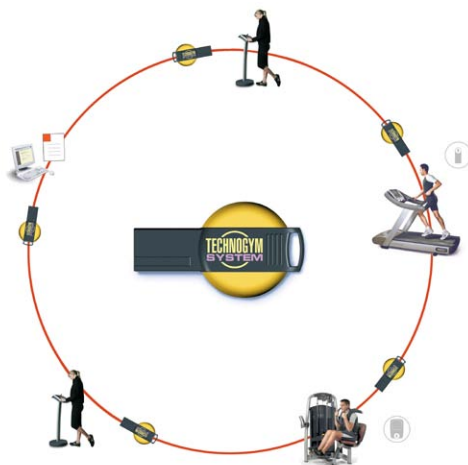
The Wellness System makes training easy, efficient and rewarding. The Wellness System Key guides you through your workout and gives feedback to help you reach your goal.

Advantages of the Wellness System for end users:

- Wellness System key stores personal data and training programmes
- Automatic start of equipment for efficient training
- Provides exercise guidance throughout workout
- Feedback on results and program updates

Benefits of the Wellness System Key:

- Personalised program
- Keeps you connected with your fitness trainer
- Tracks calories and weight loss



KUDOS IS ENERGY

FITNESS CLASSES

Kudos has a wide range of group fitness class including les mills and freestyle.

- Body Balance
- Body Pump
- Body Step
- RPM and Spin
- Pilates
- Yoga
- Zumba
- ABT
- Swimming Squad
- Aqua Jog



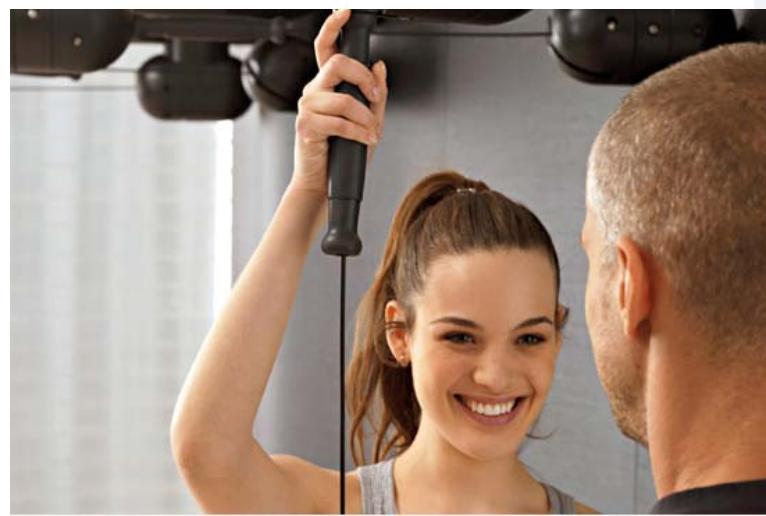


KUDOS IS PROGRESSIVE

KINESIS WALL

Kinesis is a new a training method that allows over 400 3-D exercises and movements to improve stretch, balance and flexibility.

- Allows for natural "freemotion"
- Create a workout that resembles your everyday movement
- Sport specific conditioning programs including Golf and Tennis
- Rehabilitation programs



KUDOS IS INNOVATIVE

POWERPLATE

—WHOLEBODY VIBRATION TRAINING

Power Plate equipment offers a host of benefits such as increased muscle strength and flexibility, improved range of motion, increased bone mineral density, reduced pain and soreness and faster recovery.

- Health, wellness, fitness and training
- Increase bone mineral density
- Improve muscle strength
- Increases muscle activation
- Incorporates 3 dimensional training





KUDOS IS RESULTS

PERSONAL TRAINING

Kudos trainers are experts in programming, technique, empowerment and communication. They are committed to delivering results beyond your expectations.

- 3 one hour personal training session included complementary for new members
- Full health and fitness assessment
- Integrated Wellness program individually tailored to your needs.
- Complementary 8 weekly program reviews and assessments
- Full nutrition advice and planning available



KUDOS IS LIFESTYLE

SOCIAL CLUB

Kudos has an active social club which allows members the opportunity to get to know each other, network and make new friends. With something for everyone, from adrenalin to arts.

- Expand your circle and enjoy life!
- Monthly members club sundowner
- Social calendar on our website
- Active facebook page with daily updates
- Kudos is a community and a place where you belong

