

Uniting Home and Community Care

Seniors Gym price guide. CHSP, Pensioner and Private clients



If you're recovering from illness or injury, need help managing pain, or just want to boost your fitness in a fun and friendly environment, you'll benefit from visiting a Uniting Seniors Gym.

Gym membership includes:

- Strength testing and goal setting
- Your personalised exercise program
- Supervised and supported gym access
- Regular program reviews.

If you can't get to a Uniting Seniors Gym, our exercise physiologists can complete exercise home visits, or you can attend our online fitness classes.

Just get in touch to find out what's available where you live.

Fee types and definitions explained

- **CHSP rates** are for clients receiving the Commonwealth Home Support Program
- **Pensioner rates** are for clients with a Pension Card that attend the Seniors Gym
- **Private rates** are for clients who are self-funded (or receiving Support at Home (SaH) through another provider)
- **F2F** is for face-to-face support

Seniors Gym services		CHSP	Pensioner*	Private
Gyms	Starter Pack	\$246	\$340	\$400
	Monthly membership	\$75	\$80	\$90
	10 visit pass (Self guided)	\$118	\$148	\$195
	10 visit pass (Supported)	\$155	\$176	\$235
	1:1 session per hour with an allied health professional	\$43	\$135	\$160
Home Visits	Hourly Rate	\$57	-	\$195
Exercise Classes	Single class (Face to face or online)	\$8	\$12	\$18
	Classes (online monthly membership)	\$42	\$50	\$60

*Pensioner rates will be applied to any Foundation Members (those who joined Seniors gym prior to August 2019)

Supported sessions and 1:1 services are subject to availability.

Uniting

Cancellation fees for home visits and 1:1 sessions

More than 24 hours' notice	\$0
Less than 24 hours' notice	Max. charge of 1hr
Hospital or residential respite leave	\$0 cancellation fee

Additional information for Uniting's Exercise Classes & Seniors Gym

Services		Description
Seniors Gym	Starter Pack	Initial assessment and completion of goal-based plan + 4 visits to the gym to be supported through your program (i.e. 5 hours delivered).
	Monthly Membership*	Unlimited access to Seniors Gym via booked sessions (to a maximum of one visit per day). Includes 4 x program reviews and 1 x annual health assessment per year.
	10 visit pass (self-guided)	10 visits to the gym for a booked gym session. Client purchases upfront and then uses a visit when they attend. Sessions are supported by an allied health professional in a group setting.
	10 visit pass (supported)	10 visits to the gym in a supported group session. Client purchases upfront and then uses a visit when they attend. Session is supported by an allied health professional in a group setting.
	1:1 session per hour	One hour of supported gym session with your allied health professional.
Home Visits		Home visits are charged per hour and include F2F time plus any time spent on planning your program and making referrals.
Exercise Classes	Single visit class (face-to-face or online)	One Face-to-Face or online class for up to one hour.
	Classes (online monthly membership)	Online classes billed monthly. Unlimited monthly sessions.

Effective from 1 July 2026.

Get in touch

Contact us to check which services are available where you live.

Monday to Friday
8am to 6pm

1800 864 846
ask@uniting.org
uniting.org

