

RYDGES

CAMPBELLTOWN



HEALTH & WELLNESS FACT SHEET

REFRESHINGLY LOCAL

[RYDGES.COM](https://rydges.com)

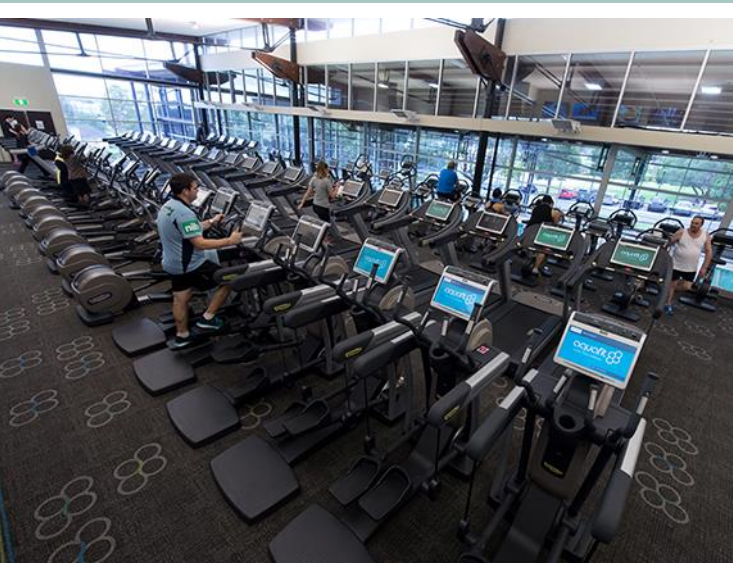
AQUAFIT

Aquafit is a multi-award winning, state-of-the-art health, fitness and wellbeing facility located within the Rydges Campbelltown hotel precinct.

Aquafit boasts two heated indoor swimming pools including a 25 metre, six-lane fitness pool, separate program pool with spa and an entire level dedicated to cardio equipment and weights.

Trading Hours

Monday to Friday: 5am – 9pm
 Saturday: 6am – 6pm
 Sunday: 7am – 6pm
 Public Holidays: 8am – 6pm



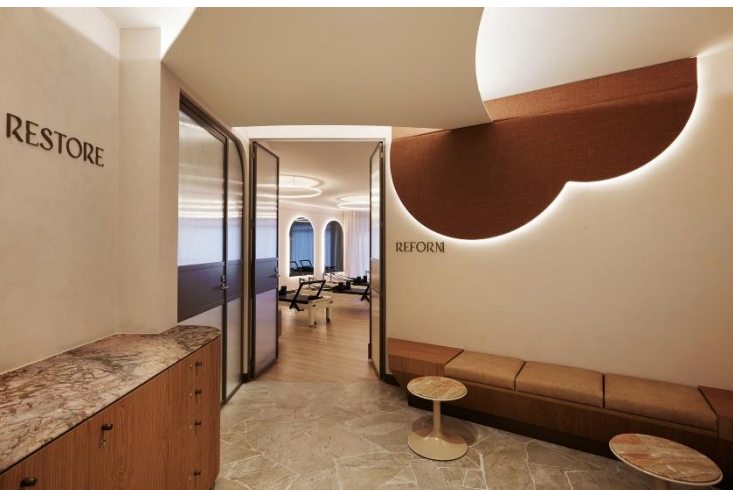
Pricelist

Gym Floor & Pool Area Complimentary for all hotel guests
 Steam Room Complimentary for all hotel guests

Private Booking	Standard Rate	After Hours
Group Pool Session	\$250/hour	\$500/hour
Gym Floor (cardio & weight areas)	N/A	\$500/hour
Cycle Studio (inclusive of instructor)	\$300/class	N/A
Fitness Studios	\$250/hour	\$500/hour

Booking Procedures & Conditions

- A minimum of 48 hours' notice is required for all private booking requests within normal trading hours. After hours access requests require a minimum of 7 days notice.
- All requests for private bookings must be directed to your Hotel Coordinator via email.
- All private booking requests are subject to availability and will be confirmed in writing by your Hotel Coordinator.
- Swim caps must be worn by all guests when utilising the pool facilities. The hotel can arrange supply of these for an additional fee.
- Towels must be used at all times within the gym facility. The Hotel can supply 1 towel per person complimentary. Additional towels can be quoted on request.
- Cancellation within 24 hours may incur a fee.



HAKEA WELLNESS

Hakea Wellness is Macarthur's newest social wellness space, created to help people move and recover with purpose so they can live a happier, more balanced life.

Located on the ground floor of Aquafit just opposite the hotel, Hakea combines Reformer Pilates, contrast therapy, traditional and infrared saunas, and wellness in a warm, welcoming space.

Pronounced 'Hay-kee-uh' – named after the resilient Australian native plant, symbolising strength, adaptability and connection to nature.

What We Offer

- **Reformer Pilates**
Strength, mobility and core stability through expert-led, low-impact classes
- **Cold Plunge Therapy**
Boost circulation, reduce inflammation, and energise body and mind.
- **Saunas**
Traditional and infrared options to support relaxation, recovery and detoxification.
- **Message Chairs**
Convenient, accessible muscle recovery and relaxation.
- **Wellness Workshops**
Breath work, mindfulness, and recovery-focused sessions.

Trading Hours

Monday to Friday	6am – 8pm
Saturday	6:30am – 5pm
Sunday	7:30am – 5pm

Price List

General Access	Book online at Hakeawellness.com.au
Large groups & private bookings	Contact the Hakea team for a customised experience