

Become Stronger And Leaner [LEARN MORE](#)

## OPEN GYM



### PROMOS:

★ Join Now And Receive A ONE MONTH FREE TRIAL Of Our [Online Coaching Service](#).

*\*Offer is only valid for one week upon joining and is only available for members who have an existing on going paypal setup or is on a 1 year payment term*

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### FREE WEIGHTS STRENGTH TRAINING FACILITY

The Strength Yard is fully equipped for your strength training needs!

Flexible month to month recurring membership available or 1 year payment.

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# EQUIPMENT

- Eleiko Competition Combo Rack
  - Rigs (Squat, Bench Press and Etc..)
  - Platforms (For Deadlifts and Olympic Weightlifting)
  - Eleiko Competition Barbell
  - Rogue Ohio Barbells
  - Deadlift Barbell
  - Safety Squat Barbell
  - Dumbbells (2.5kg to 50kg)
  - Olympic Barbells (7kg to 20kg)
  - Eleiko Metal Plates (0.25k to 25KG)
  - Rubber Bumper Plates (5KG to 20KG)
  - Metal Plates (0.25KG to 25KG)
  - Eleiko Classic Seal Row Bench
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- Deadlift Jack
  - Kettle Bells
  - C2 Rower
  - Landmine
  - Battle Ropes
  - Medicine Balls
  - Slam Balls
  - Resistance Bands
  - Gymnastic Rings
  - Lat Pull Down Machine
  - Wooden Blocks For Bench Press And Deadlifts
  - Dips Bar
  - Plus Many Other Accessories Equipment
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## PRICE PLAN:

**ALL ACCESS CARD ACCESS MEMBERSHIP**  
**(6AM – 12 MIDNIGHT)**

MONTHLY

YEARLY

**\$90**

**\$900**

***\*Interest Free Instalment Plans Available Via Atome Or Grab Paylater For Annual Payment Plans***

**CLICK [HERE](#) TO SIGN UP OR DROP US AN ENQUIRY [HERE](#) IF YOU'RE INTERESTED TO SCHEDULE AN APPOINTMENT TO SEE THE FACILITY FIRST.**

*\*Payment is collected through credit card by Paypal in an automated recurring collection arrangement*

*(you do not need a paypal account for this, there's an option to sign up as a guest account.)*

*Members have the freedom to cancel this arrangement.*

*\*There will be a \$20 admin fee and \$50 refundable card deposit upon signing up of the membership.*

*\*Only Members with a Card Access are allowed to train.*

*\*There's a booking system in place with a capacity of up to 10 pax per hour (excluding staff and trainers).*

***\*This is an unmanned training facility, suitable for members who do not need guidance or coaching and would like to use the facility only.***

***Do click the button below if you would need to engage our Professional Services instead.***

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**Looking for a Professional to help with your fitness goals instead?**

**Click the button below to see our Classes and Personal Training options!**

**CLASSES AND PERSONAL TRAINING**