



## Equipment for Hire

Como Fitness 24/7 would like to support our community and our loyal members by offering Equipment hire during the forced government shutdown.

We suggest you organize your hire this week as all non-essential travel is now not allowed. I was going to play golf on Saturday morning but not now!

We will be available Thursday 10am – 4pm, Friday 10am – 4pm and Saturday 9am – 12pm for pickups.

The following prices are quoted on each item of equipment per month of hire, should you require delivery please discuss with Damian this week, as this can be arranged at an additional fee.

CARDIOVASCULAR EQUIPMENT	PRICE	AVAILABLE
Upright Stationary Bicycle	\$80/mth	4
Spinning Bicycle	\$80/mth	2
Recumbent Bicycle	\$80/mth	2
Cross Trainer	\$100/mth	3
Treadmill	\$100/mth	6
Rower	\$80/mth	2

If you would like a package of Dumbbells, Kettlebells, Medicine Balls, Fitballs etc. then please send an email to [damian@comofitness.com.au](mailto:damian@comofitness.com.au) with your request.

Package pricing will range from \$45/month to \$100/month depending on what you want. For example:

- 2 x sets of DBs, 1 x KB, 1 x Fitball and 1 x Medicine ball for \$45/month.

Listed below is what we have available.

FREE WEIGHT EQUIPMENT	AVAILABLE
Box Barbell	1
Weight Plates	
1.25kg	9



	2.5kg	8
	5kg	18
	10kg	17
	15kg	6
	20kg	30
Weighted Barbells		
	12.5kg	1
	15kg	1
	17.5kg	1
	20kg	1
	22.5kg	1
	25kg	1
	27.5kg	1
	30kg	1
	32.5kg	1
	35kg	1
Squat Rack		2
Adjustable bench		3
Dumbbells (Paired Sets)		
	1kg	1
	2kg	1
	2.5kg	1
	3kg	1
	4kg	2
	5kg	3
	6kg	1
	7kg	1



	7.5kg	1
	8kg	1
	9kg	1
	10kg	2
	12.5kg	2
	15kg	1
	17.5kg	2
	20kg	2
	22.5kg	1
	27.5kg	1
	30kg	2
	35kg	1
	37.5kg	1
	42.5kg	1
	47.5kg	1
	50kg	1
Kettlebells		
	2kg	2
	4kg	2
	6kg	4
	8kg	1
	16kg	1
	20kg	1
Medicine Balls (Bounce)		
	5kg	1
	4kg	1
Medicine Balls (Handles)		
	10kg	1
	9kg	1
	8kg	1
	6kg	1



Med Balls (Sand/material)	
3kg	1
Steps	4
Building blocks for Steps	40
Mats	4
Bosu	2
Fitballs	4