



Premium Membership: £46.50
minimum 3 months monthly

Package includes:

- Initial health and fitness test: Vo2 test, body fat 4 point Analysis, visceral Fat, blood pressure, lung function. Full written report. (Cholesterol (HCL and full) test £7.50 extra).
- Personalised Programme.
- Monthly 30 minute PT session.
- Monthly Mini health and fitness update. (Body fat, Blood Pressure, Weight)
- Free monthly guest pass.

Basic Membership: £37.50
minimum 3 months monthly

Basic Induction and use of gym and classes.

Optional Extras to Basic Membership:

Health and Fitness Test: £30.00

As above with a written report

Cholesterol Test: £7.50

As above

30 minute trainer session: £15.00

Mini Progress Update: £7.50

(Body fat, Blood Pressure, Weight)

Member Personal Training:

10 One Hour Sessions: £265.00

1 Hour Session: £31.50

Guest Pass: £8.50

**Visiting guests of members only,
no regulars please**

Class Pass: £8.50

**Temporary Membership: Full time
students only please enquire.**