

Membership Type	Pay Annually	Pay for 4 months	Standing Order
Privilege	£480	£160	£45 per month
Signature	£380	£120	£35 per month

What is Included?

	Weekday 7am-5pm	Evening 5pm-9pm	Weekend	Induction	Fitness Program 1 per 3 months	Gym Classes
Privilege	☺	☺	☺	☺	☺	☺
Signature	☺	×	×	☺	☺	×

ANNUAL MEMBERS BENEFITS
(12 months upfront payment)

**Block rate price for single
Personal training sessions**
(£33.00 per session)

FREE
self service vibrogym sessions

**Block rate price for single
vibrogym sessions**
(£15.00 per session)

Gym Class Structure

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODY BLITZ 5:30-6:15pm	CORE FITBALL 7:15-8:00pm	TOTAL TONING 5:30-6:15pm	CIRCUITS 7:15-8:15pm	ABS & ASS 5:30-6:15pm	CIRCUIT SURPRISE 10:00-11:00am	CV MIX 10:00-11:00am
Fat Burning Speed Circuit with 45 sec Stations	Full Body Controlled Ball Workout	Full Body High Rep Low Weight Workout	CV and Strength Session with 60 sec Stations	Floor Based Exercises - Body Part Specific	Varied CV and Strength Mix in Circuit Format	3 min CV & 3 min Toning Stations

Mon-Fri 7am-2pm then 3pm-9pm (Between 2pm and 3pm by appointment only) Sat-Sun 9am-5pm
www.thegymatcarswell.co.uk office: 01367 870837