

<b>Personal Training</b>	<ul style="list-style-type: none"> <li>• Member (Senior Trainer) £40 / (Trainer) £35</li> <li>• Non-Member £45</li> </ul>
<b>Vibrogym with Trainer</b>	<ul style="list-style-type: none"> <li>• Member £15</li> <li>• Non-Member £20</li> </ul>
<b>Vibrogym Self-Service</b>	<ul style="list-style-type: none"> <li>• Member £7</li> </ul>
<b>Gym Classes</b>	<ul style="list-style-type: none"> <li>• Privilege Member Free</li> <li>• Signature &amp; Non-Member £5</li> </ul>
<b>Specialist Classes</b>	<ul style="list-style-type: none"> <li>• Vibrogym &amp; GTS (3 per class) £10 per person</li> <li>• Other – see class noticeboard</li> </ul>
<b>Massage</b>	<ul style="list-style-type: none"> <li>• Member (Snr Trainer) £40 hr, £25 ½ hr / (Trainer) £35 hr, £20 ½ hr</li> <li>• Non-Member £45 hr, £30 ½ hr</li> </ul>
<b>Weight Loss</b>	<ul style="list-style-type: none"> <li>• Initial Consultation, Goals and Plan £45</li> <li>• Follow Up Session £20</li> </ul>
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Fitness Programme £7</li> <li>• Fit Test £7</li> </ul>