



# New Year, New Prices



	Pay Monthly	Pay 3-Monthly	Pay Annually
Privilege	£45	£130	£480
Signature	£35	£100	£380

## What's Included?

	Weekday 7am-5pm	Evening 5pm-9pm	Weekend	Induction	Fitness Program 1 per 3 mths	Fit Test	Gym Classes	Specialist Classes	Vibrogym
Privilege	😊	😊	😊	😊	😊	✗	😊	✗	✗
Signature	😊	✗	✗	😊	😊	✗	✗	✗	✗

## Gym Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp 5:30-6:00pm	Fitball 7:15p-8:00pm	Total Toning 5:30-6:00pm	Circuit Training 7:15-8:15pm	Abs & Ass 5:30-6:00pm	Circuit Training 10:00-11:00am	Circuit Training 10:00-11:00am

The Gym at Carswell Mon-Fri 7am-2pm then 3pm-9pm Sat-Sun 9am-5pm (winter) 8am-4pm (summer)