

PERSONAL TRAINERS

Within your membership you will receive **FREE** personalised programmes, which we advise to be reviewed on a 6 weekly cycle.

In addition to this support, we offer Personal Training services, to find out more about our Personal Trainers specialisms and experience visit: www.nbleisuretrust.org/empire-personal-training

BODITRAX

To support your programme and training reviews, why not have a regular boditrax scan?

Boditrax gives you access to over 20 body stats (baseline and composition) to give you the real story of what is going on inside. It includes; age, height, body weight, body mass index, fat percentage, muscle mass, bone percentage and many more, Find out more at: www.nbleisuretrust.org/empire-boditrax

EMPIRE HEAVEN

We have a Ladies Only Gym called 'Empire Heaven', located on the ground floor within Empire Gym & Studios.

We have a mixture of cardio, free weights and air resistance kit for you to use in a friendly and encouraging environment - with no mirrors!

Looking for a personalised programme or Boditrax scan to help enhance your workout - no problem, it's all included within your membership, just ask a member of the team!



Monday - Friday 6am - 9pm
Saturday: 7am - 1pm
Sunday: 7am - 1 pm

THERE ARE NO LIMITS

www.nbleisuretrust.org/health-fitness

Tel: 024 7640 0500

Facebook: / TheEmpireGym

MEMBERSHIPS

NO JOINING FEE
OR HIDDEN EXTRAS

PAY AS YOU GO

Whatever your training needs, we've got a package to suit you

PREMIUM MEMBERSHIP

- Unlimited anytime usage
- Unlimited class usage
- Age 16+
- Plus many other benefits

NO HIDDEN EXTRAS

12 month direct debit
£25.99* pm

6 month direct debit
£31.99 pm

No commitment direct debit
£36.99 pm

*Introductory offer for new members

OFF PEAK / SENIORS

- 9am - 5pm weekdays / Anytime weekend usage
- Unlimited class usage during access times
- Age 16+

6 month direct debit
£26.99 pm

No commitment direct debit
£31.99 pm

STUDENT

- Anytime usage
- Unlimited class usage during access times
- Age 16+

6 month direct debit
£22.99 pm

No commitment direct debit
£28.99 pm

JUNIOR

- Anytime usage when accompanied by an adult or attending supervised sessions
- Limited class usage 14+
- Age 12+ (T&C's apply)

No commitment direct debit
£15.99 pm

All memberships include:

- No Joining FEE
- FREE Gym Induction
- FREE Personalised Programme

- FREE Classes
- FREE Boditrax
- FREE Car Parking*
- FREE Nutritional Support
- FREE Ongoing Motivational Support

GYM/CLASS

£5.00 / £3.50
(CONCESSION)

PREMIUM PAYG

£42.00 (30 DAYS)

BODITRAX

£15.00 (NON-MEMBER)

SUNBED

We have a 225W Stand Up Sunbed, we offer pay as you go minutes or courses. We also have sunbed creams available to buy.

Sessions		Courses	
3 mins	£3.00	70 mins	£30.00
6 mins	£4.00	90 mins	£35.00
9 mins	£5.00	120 mins	£45.00
12 mins	£6.00		
15 mins	£7.00		

STUDENT SIZZLER

£30.00 (VALID FOR 6 WEEKS FROM THE DATE PURCHASED)

7 DAY PASS

£20.00 (INC. GYM & CLASSES)

GIFT VOUCHERS

£42.00 (30 DAYS)

£80.00 (60 DAYS)

* Located at 92A Wheat Street CV11 4BH