# 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?

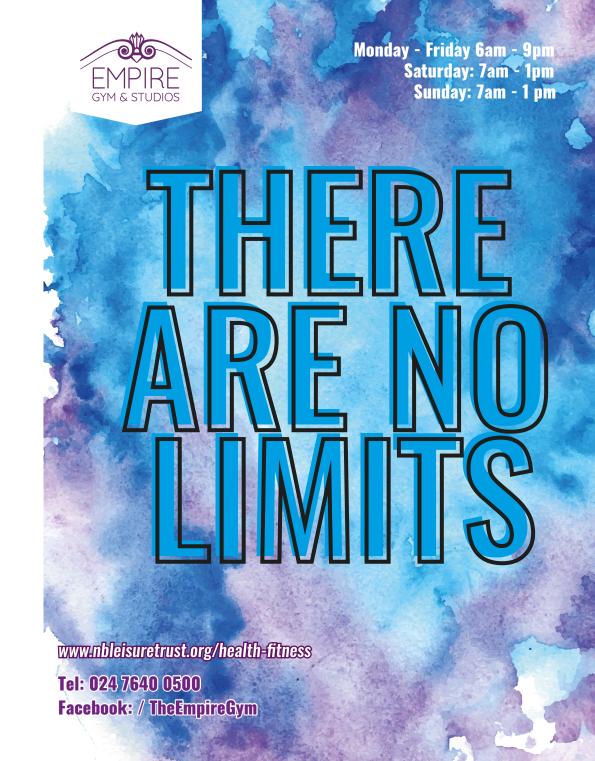
Boditrax gives you access to over 20 body stats (baseline and composition) to give you the real story of what is going on inside. It includes; age, height, body weight, body mass index, fat percentage, muscle mass, bone percentage and many more, Find out more at: www.nbleisuretrust.org/empire-boditrax

# 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!



# 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

6 month direct debit

No commitment direct debit £36.99<sub>m</sub>

\*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

No commitment direct debit

E31.99

• FREE Gym Induction

FREE Personalised

**Programme** 

# STUDENT

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

6 month direct debit

No commitment direct debit

£28.99

## **JUNIOR**

- Anvtime 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

### • FREE Classes All memberships include: • No Joining FEE

- 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)

## **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)

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	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		profession .	