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 trainer's 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, bodyweight, body mass index, fat percentage, muscle mass, bone percentage and many more.
Find out more at: **www.nbleisuretrust.org/empire-boditrax**
Free for members, £15 per use for non-members.

EMPIRE LADIES

We have a ladies only gym, 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!

REFORMER PILATES

An immersive Reformer Pilates studio with 8 state of the art reformer beds and accessories.

Classes available throughout the week with trained Instructors. This class is included within the Premium Plus Pilates Membership. It is not included in any of the other Standard Memberships, although members do qualify for a discount on the standard PAYG class price.

EMPIRE
GYM & STUDIOS

MEMBERSHIP PRICE LIST

MON - FRI: 06:00 - 21:00
SAT & SUN: 07:00 - 13:00

6 LEICESTER RD, NUNEATON CV11 4BW
T: 02476 400 500
E: EMPIRERECEPTION1@NBLEISURETRUST.ORG
WWW.NBLEISURETRUST.ORG/EMPIRE-GYM-STUDIOS

FIND US ON

SCAN HERE FOR VACANCIES

MEMBERSHIPS

NO JOINING FEE OR HIDDEN EXTRAS

WHATEVER YOUR TRAINING NEEDS, WE'VE GOT A PACKAGE TO SUIT YOU!

PREMIUM PLUS PILATES MEMBERSHIP

- FULL USE OF FACILITIES, CLASSES & UNLIMITED REFORMER PILATES
- AGE 16+

6 MONTH DIRECT DEBIT
£59.99* PM

*6 MONTH FIXED TERM CONTRACT

PREMIUM MEMBERSHIP

- UNLIMITED ANYTIME USAGE
- UNLIMITED CLASS USAGE
- AGE 16+
- PLUS MANY OTHER BENEFITS

NO HIDDEN EXTRAS

12 MONTH DIRECT DEBIT
£25.99* PM

NO COMMITMENT DIRECT DEBIT
£36.99 PM

6 MONTH DIRECT DEBIT
£31.99 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 (REFORMER PILATES NOT INCLUDED)
- FREE BODITRAX
- FREE CAR PARKING**
- FREE NUTRITIONAL SUPPORT
- FREE ONGOING MOTIVATIONAL SUPPORT

PAY AS YOU GO

GYM /CLASS

£5.00/£3.50 (CONCESSION)

REFORMER PILATES

£15.00 STANDARD PREMIUM MEMBER (PER CLASS)
£17.00 NON-MEMBER (PER CLASS)
£5.00 GRIP SOCKS

PREMIUM PAYG

(GYM & CLASSES INCLUDED APART FROM REFORMER PILATES)

£42.00 (30 DAYS)

STUDENT SIZZLER

(GYM & CLASSES INCLUDED APART FROM REFORMER PILATES)

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

7 DAY PASS

(GYM & CLASSES INCLUDED APART FROM REFORMER PILATES)

£20.00 (INC. GYM & CLASSES)

GIFT VOUCHERS

(GYM & CLASSES INCLUDED APART FROM REFORMER PILATES)

£42.00 (30 DAYS)
£80.00 (60 DAYS)

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		

** LOCATED AT 92A WHEAT STREET CV11 4BH