

## 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](http://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](http://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 not included within the memberships, although contracted members do qualify for a discount on the standard PAYG class price.



# 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](mailto:EMPIRERECEPTION1@NBLEISURETRUST.ORG)**  
**[WWW.NBLEISURETRUST.ORG/EMPIRE-GYM-STUDIOS](http://WWW.NBLEISURETRUST.ORG/EMPIRE-GYM-STUDIOS)**



SCAN HERE FOR  
VACANCIES

FIND US ON  

# MEMBERSHIPS

**NO JOINING FEE OR HIDDEN EXTRAS**

**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

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

**NO HIDDEN EXTRAS**

## 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** 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