

Our customer experience is second to none. Included in all our 3-month, annual & direct debit memberships are £65 worth of included services.

#CONSULT

An initial consultation with one of our instructors to discuss your health, lifestyle, why you have joined the gym and set some SMART goals.

#ASSESS

Includes Blood Pressure Check, Body Metric Testing and a Fitness Assessment with Analysis and report supplied on completion.

#PROGRAM

Your instructor will take all the information harnessed from the initial discussion and write you a professionally written personal programme & action plan.

#REVIEW

The team will check in with you after 2 weeks for feedback, then 4 weeks to see how things are going and schedule you in your first review.

#REPEAT

For as long as you have a membership you can repeat the process on a 6-8 week rotation, just without the 2 week new member check up.

